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VULNERABLE SIDE OF THE MATERIAL GIRL

MADONNA'S FIRST ALBUM IN FOUR YEARS GETS LISTENERS INTO THE GROOVE: REVIEW PAGE 23

TORONTO metro®
Tuesday, March 27, 2012
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Sex workers rejoice

Retired dominatrix Terri-Jean Bedford makes a victory sign during a press conference in Toronto on Monday with Nikki Thomas, left, and Valerie Scott after the Ontario Court of Appeal struck down a ban on brothels. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Changes. 'The safest way to sell sex is for a prostitute to work indoors': Court ruling

Canada's anti-prostitution laws entered a "new era" Monday as Ontario's top court struck down a ban on brothels on the grounds it exposes sex-trade workers to added danger.

In its 132-page decision, the Ontario Court of Appeal did uphold the law that effectively criminalizes street prostitution, and modified a third law against living on the avails of the sex trade to specifically preclude exploitation.

Those in the trade hailed the overall ruling as a breakthrough, saying it makes clear that prostitutes have the same rights as other Canadians and should enhance their safety.

One of the three women involved in the case, former prostitute Valerie Scott, thanked the justices for "declaring sex workers persons."

"We're almost real citizens (now)," Scott said. "I didn't think I would see it in my lifetime but here we are."

THE CANADIAN PRESS

MORE COVERAGE ON PAGES 10-11

City makes final offer

Inside workers told they must choose: grant concessions, or join library workers on the picket line PAGE 3

Gunman had delinquent past

Man responsible for a killing spree in France grew up in tough housing projects and had been jailed twice for petty crime PAGE 18

Illegally blonde

A group of attractive women is responsible for a series of kidnappings across Brazil, police say, targeting unsuspecting victims in shopping centres. The so-called "Gang of Blondes" is allegedly robbing women at gunpoint and maxing out their credit cards PAGE 17

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City council

Mayor to support his own slate of candidates

Mayor Rob Ford says he will turn the 2014 election into a de facto referendum on council's transit votes.

At the top of his hit list is Coun. John Parker, an impeccably credentialed conservative (Ward 26, Don Valley West) who beat business owner and former police officer Jon Burnside by only 415 votes in 2010.

But Parker voted against the mayor's push for a subway extension on Sheppard. Now Ford plans to organize a candidate slate to try to unseat Parker and his other transit opponents.

TORSTAR NEWS SERVICE

Trimming the fat

Ford cancels his weekly weigh-in

Mayor Rob Ford postponed and then cancelled his weekly weigh-in on Monday.

Ford's weight-loss effort has stalled in recent weeks. He weighed 308 pounds last week, down from 330 when he began his diet regimen. He wants to weigh 280 pounds by mid-June.

TORSTAR NEWS SERVICE

Transit

TTC names 11 to liaison panel

The TTC has named 11 citizens, including students, marketing and social media experts, an engineer and a lawyer, to its new customer liaison panel.

Selected from 250 applicants, they will sit alongside the TTC's chief customer service officer, Chris Upfold, and CEO Andy Byford, to advise them on improvements.

TORSTAR NEWS SERVICE

CUPE must decide on concessions or strike

Labour. Inside workers will vote on city's offer on Wednesday

The city's 23,000 inside workers have a decision Wednesday — grant numerous concessions to the Ford administration or almost certainly join library workers on the picket line.

"It's not a settlement, it's not a deal," Tim Maguire, president of CUPE Local 79, said of the city's "final offer" tabled late Sunday after a weekend of marathon bargaining.

City negotiators threatened to impose an offer very similar to the one accepted last month by 6,000 outside workers, Maguire said. Rather than consider a strike, he agreed to have his members vote Wednesday on the deal with no guidance from the union.

While clearly unhappy with some concessions Maguire agreed not to badmouth them, urging his members only to be "thoughtful" before voting.

Details in the city's final offer include wage hikes of .5 per cent in 2013, 1.75 per cent in 2014 and 2.25 per cent in 2015; a 1.5 per cent lump sum salary payment at the start of next year; introduction of prescription drug co-payment and other benefits concessions; fewer sick days; and streamlined layoff, bumping and redeployment procedures.

TORSTAR NEWS SERVICE

If CUPE 79 walks off the job ...

In the event of a strike:

- Municipal museums, art galleries and cultural facilities will be closed.
- All 52 municipal child care centres operated by children's services will be closed.
- All city-run programs will be cancelled at community centres, indoor swimming pools, arenas, curling clubs and fitness centres.
- Public health services such as restaurant inspections, immunization clinics, city-operated sexual health clinics and family health services will be cancelled.

Ryerson rink construction nears final buzzer

Construction crews cement-in the top layer of the ice rink at the Mattamy Athletic Centre at the old Maple Leaf Gardens. The full-sized ice rink is 100 feet below the iconic dome of the Gardens and 50 feet above street level, making it the highest elevated skating rink in Toronto. Ryerson hopes that by June work will be done on the $30-million project to convert the former home of the Maple Leafs into a joint sports complex — with a year-round rink on the third floor, basketball courts on the second and the bustling Loblaw store, already opened, on the ground level. RYERSON UNIVERSITY

1 NEWS

On the mobile

Analysts are calling it a "two-horse" race between Apple and Samsung as RIM's sales shrink and the lag time between its releases grows. Scan the code for the story

On the web

Madge's drug reference over the borderline, DJ says

Canadian electronic DJ has entered into a high-profile feud with Madonna, calling the Material Girl an "idiot" after she appeared to glamorize drug use during a recent concert. Get the full story at metronews.ca/video

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Peel District

School board faces racial examination

The Ontario Human Rights Tribunal has made a groundbreaking decision to examine the racial makeup of the Peel District School Board.

Lawyers for vice-principal Ranjit Khatkur have argued in preliminary hearings that her race and cultural background played a role in the board's decision to overlook her for promotion to principal on a number of occasions.

It was noted that in 2007-08, only five of 235 principals — two per cent — in the board were South Asian, while close to 30 per cent of Peel Region was South Asian. TORSTAR NEWS SERVICE

Jailhouse rap. Evidence falls short of guilt, defence tells Skeete murder trial

Evidence might seem to implicate Lamar Skeete in the killing of a Crown witness, but his lawyer says it falls well short of proving him guilty of first-degree murder.

"This evidence should make you suspicious but suspicion is not enough (to convict) in a criminal case," defence lawyer Bob Richardson told jurors during final arguments Monday.

Crown Attorney Mary Humphrey, however, told jurors they have seen and heard ample evidence proving Skeete, 21, either shot or "directed his boys to kill Kenneth Mark," around 9:45 p.m. on Dec. 29, 2009, as Mark walked on Gilmour Avenue, near Dundas Street W.

But Richardson noted the Crown in that incident withdrew the attempted murder charge against Skeete, who just wanted to get on with his life.

"Why wouldn't he rap to the world, 'It wasn't me, I wasn't there,' " Humphrey said, a reference to Skeete's jailhouse rap that was played for the jury.

Justice Ian Nordheimer is scheduled to deliver his legal instructions Tuesday. TORSTAR NEWS SERVICE

Muffled screams 'definitely human,' accused testifies

Murder trial.
Accused child killer admits not helping 'good friend' despite hearing her screams

Aleksandra Firgan-Hewie
CONTRIBUTED

Michelle Liard

Rafal LaSota

Accused child killer Michelle Liard says she doesn't know why she didn't call for help after she heard muffled screams from her boyfriend's bedroom the afternoon 13-year-old Aleksandra Firgan-Hewie was stabbed to death.

"It was definitely human, yes," Liard, 22, testified at her first-degree murder trial in Brampton court.

"There was a muffled something."

Liard faced often-withering cross-examination Monday from Assistant Crown Attorney Brian McGuire.

She and her former fiancé, Rafal LaSota, 28, are each charged with first-degree murder in the death of the Mississauga Grade 8 student whose body was found in a garbage bag in LaSota's backyard on Dec. 11, 2008.

Firgan-Hewie was stabbed 37 times.

Liard acknowledged she was in LaSota's Mississauga home for 7 1/2 hours after the slaying, and that she didn't call for help for Firgan-Hewie, whom she described as a good friend.

"You didn't lift a finger to help your good friend?" McGuire asked.

"No," Liard replied in an even voice.

McGuire pressed her about the muffled screams she described coming from LaSota's bedroom shortly before 6 p.m. on Dec. 10, 2008.

"That term 'muffled scream' was something that you've written about?" McGuire asked.

"Yes ... that is ... in my vocabulary."

McGuire reminded Liard that police seized a handwritten, first-person short story in her bedroom in which a female victim makes a muffled scream as she is tortured and knifed to death.

McGuire asked Liard if her story was a celebration of murder and murderers.

"It wasn't meant to fully be like that," she replied. "It was going to have a moral." TORSTAR NEWS SERVICE

Police corruption trial

Drug dealer says cops kept his cash

One-time heroin dealer Kai-Sum Yeung, 37, testified Monday that Toronto drug squad officers confiscated his wallet containing $2,000 when they arrested him 14 years ago and never returned it. TORSTAR NEWS SERVICE

Farm accident

Child dies after family mishap

Police say a one-year-old child has died after apparently being hit by a pickup truck operated by a family member on a farm in Milton.

The child died late Sunday night. THE CANADIAN PRESS

Queen West opens

Street shut by falling glass

Queen Street re-opened after falling glass shut down a portion of it early Monday morning. The shards of glass were from a window of a tower at 180 Queen St. W., near Simcoe Street. TORSTAR NEWS SERVICE

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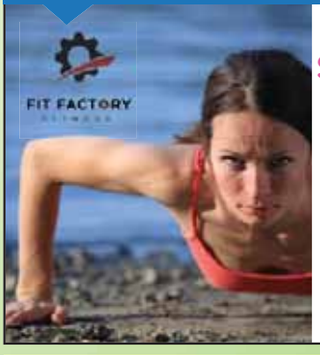

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Opposition knew about Ornge: Liberals

Ontario's governing Liberals tried to turn the tables on the opposition parties Monday over the Ornge scandal, saying they, too, failed to spot red flags at the troubled air ambulance service.

Both the New Democrats and Progressive Conservatives knew about the changes at Ornge that shielded public money from government oversight, house leader John Milloy charged.

NDP Leader Andrea Horwath received a letter in December 2010 about the changes, which allowed Ornge to create a web of for-profit entities that were owned by its senior officers, he said. It also contained details about their plans to borrow $275 million through bonds and buy more aircraft and a building to serve as its headquarters.

"It's very interesting that the honourable member stands here today and talks about ignoring documentation," he told the legislature.

Christine Elliott, deputy leader of the Opposition Tories, was also briefed by Ornge on all of its operations on May 19, Milloy added.

Last week, Ontario's auditor general released a scathing report criticizing the government for giving Ornge $730 million over five years with virtually no oversight of how the money was spent.

But the opposition parties didn't sound the alarm either, despite their recent howls of outrage over Ornge, Milloy said.

"I ask ... when the NDP sat on that information for 15 months, why did they not raise questions in this house? Why did they not contact the minister of health?" he asked.

Horwath said the 2010 letter was actually Ornge's response to questions the NDP raised about how the agency was conducting its affairs.

"The house leader and the government are simply trying to shift the blame from themselves onto opposition, which is just ridiculous, really," she said.

THE CANADIAN PRESS

Finance Minister Dwight Duncan's budget needs the support of at least two opposition members to pass into legislation. CHRIS YOUNG/THE CANADIAN PRESS

Budget: Cuts like a knife

Ontario budget. Even as a have-not province, Ontario still sends more tax dollars to Ottawa for distribution to the rest of the country than it ever gets back

Credit agencies and the wider business community will be watching closely as Ontario's minority Liberals table a budget Tuesday that will have ripple effects across Canada as the cash-strapped province attempts to slay a $16-billion deficit.

The province, which pays $9 billion a year to service its debt, could be hit with a credit downgrade if the budget fails to rein in spending. The credit agencies will look closely at Ontario's fiscal blueprint to make sure the plan to eliminate the deficit gets approval from the opposition parties, Finance Minister Dwight Duncan acknowledged Monday.

"I'll remind you the United States of America was downgraded not because of their numbers, but because of their inability politically to deal with their deficit," Duncan said. "The credit rating agencies are one audience that we need to speak to."

A senior government official said the budget will address the cost of public-sector pensions, which have been forecast to jump 70 per cent between now and 2017-18. The fiscal blueprint will call for a review of the pension plans, but not specific legislation, the source said.

The collapse of Ontario's manufacturing sector has taken a stinging toll on the provincial economy.

Ontario's debt was estimated at $241.5 billion for 2011-12, and its debt-to-GDP ratio of 37.4 per cent was second only to Quebec's 51.2 per cent.

THE CANADIAN PRESS

Students arrested

- Eight students face trespassing charges after a protest on Monday over rising tuition fees at Premier Dalton McGuinty's constituency office in Ottawa.
- The students staged the protest on the eve of the budget release to demand the government follow through on its election promise to reduce tuition.

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Poll. Quebecers still desire independence

Quebecers still have an appetite for independence if they don't get constitutional reform, suggests a new survey that could surprise people who consider the sovereignty issue dormant. Given a choice of three options, independence was the most popular choice among respondents when asked what they would want if the Constitution isn't revised to grant the province more power.

The Leger Marketing survey, released Monday, was commissioned by a group of academics just before the 30th anniversary of the patriation of the Constitution.

The backbone of Canada's governing system and its framework for legal rights, the new Constitution was endorsed by every province except Quebec when it came into effect in 1982. Later attempts to reopen the discussion resulted in spectacular failure, dividing the country. THE CANADIAN PRESS

Separation

44.5%

The new survey found that 44.5 per cent of Quebecers would still support separating from Canada if the Constitution could not be changed enough to satisfy the majority of the province.

New leader makes his debut

Newly elected NDP Leader Thomas Mulcair receives a standing ovation as he makes his question period debut as the leader of the official Opposition Monday in the House of Commons. ADRIAN WYLD/THE CANADIAN PRESS

Diary confession. Defence wants less time for mom who killed her baby son

The defence says an abusive childhood reduces the moral culpability of a Calgary woman who confessed in her diary to killing her infant son.

Stacey Joy Bourdeaux, 34, pleaded guilty last summer to manslaughter in the death of 10-month-old Sean Ronald Fewer in 2004 and to the attempted murder of her five-year-old child six years later. She also admitted to failing to provide the necessities of life.

Bourdeaux admitted in her diary to both attacks in messages to her husband, who had died a few years earlier in an electrical accident.

"Dear Ted. Now that you are gone I can confess about Sean," Bourdeaux wrote. "The night that he left us, it wasn't actually while he was sleeping.

"I did what I didn't want to do. The crying wouldn't stop, so I ended up putting a pillow over his face and made sure that it was stopping his breathing. I know it's something that I shouldn't have done, but I did."

Defence lawyer Katherin Beyak says Bourdeaux deserves a sentence in the eight- to 10-year range and not the 18 years that the Crown is demanding. THE CANADIAN PRESS

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** Source: Metropolitan Panel, Metro Toronto, Wednesday April 17, 2011, 309 respondents*

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Future of sex work in city uncertain

Prostitution. Case likely headed to Supreme Court, with feds mulling their legal options

The website of The Shady Lady Ranch states it was "voted best small brothel for eight consecutive years." The site does not mention by whom.

But the way proprietor Bobbi Davis tells it, almost everyone in Beatty, Nevada, would back their claim.

"We're good neighbours. We have very few problems with anybody in town," says Davis, who runs the brothel with her husband Jim.

The Shady Lady is a "mom-and-popper" business, Jim explains, "not one of those big, 16-girl operations."

Brothels have been legal in parts of Nevada for more than 30 years.

On Monday, the Ontario Court of Appeal struck down Canada's bawdy-house laws and ruled that sex workers should be allowed to hire security staff, upholding most of a landmark 2010 decision that decriminalized aspects of prostitution.

Appeal period

30

The court's five-judge panel stayed its decision for 30 days, allowing both sides to appeal.

For many Torontonians, the decision raised a number of alternative cityscapes, from a friendly neighbourhood brothel on every block to a single, seedy red-light district. While neither of these polarized scenarios is particularly likely, experts recommend that local governments start studying their options.

One option is to create a red-light district by zoning one part of the city as the only place brothels can be licensed to operate. Coun. Giorgio Mammoliti created headlines last year when he suggested the Toronto Island might be a good location.

On Monday, he said he wants the issue of a red-light district to come before council.

But Brenda Cossman, a law professor at the University of Toronto, says that some red-light districts have experienced problems with crime.

Dr. Emily van der Meulen, a professor of criminal Justice and criminology at Ryerson University, points to New Zealand's approach as the best policy framework.

"Essentially what they did was decriminalize — they removed the criminal provisions from their penal code — and implemented a whole series of labour regulations," she explains. Prostitutes now rely on occupational health and safety guidelines.

At The Shady Lady Ranch on Monday, both of the Davises' employees were visiting the doctor. State laws require sex workers to be screened for sexually transmitted infections weekly. The system is "absolutely" better for society as a whole, the couple believes.

TORSTAR NEWS SERVICE

Retired dominatrix Terri-Jean Bedford, left, is confronted in Toronto on Monday by an advocate for a group called Sex Trade 101, Christine Barkhouse, who disapproves of the decision of Ontario's Court of Appeal after it struck down a ban on brothels. AARON VINCENT ELKAIM/THE CANADIAN PRESS

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Aftermath. Split reaction to prostitution ruling

Sex-worker advocates were mixed in their reaction to a landmark prostitution ruling released Monday, clashing at a press conference held later in the morning.

An emotional Angel Wolfe, who said her mother, Brenda, was one of the first women murdered by serial killer Robert Pickton, came to protest a decision she felt "appalled and disgusted" by. Wolfe argued that by making it legal for women to practise prostitution in a brothel, it would hide them indoors and police would have a tougher time getting warrants to conduct sweeps that could check for child prostitution.

"Those girls get hidden and they still get ... hurt by the johns," said Wolfe. "I believe all women should be shown a viable way out of the sex trade with their mind, bodies and everything intact."

At one point, the 18-year-old, who works for Sex Trade 101, an organization committed to abolishing prostitution, faced off with dominatrix Terri-Jean Bedford — one of three sex workers who launched the initial constitutional challenge.

"The argument has been made in court. The law stands," Terri-Jean said, raising her voice before being pulled away.

Bedford, a grandmother wielding her trademark riding crop and donning all leather, called Monday "emancipation day."

And Valerie Scott, a former prostitute, also one of the women behind the challenge, added that it was pivotally important to have more people around to ensure the safety of sex workers.

"It's just so nice to see that we're now brought out into society," said Scott, who also mentioned she was musing about opening her own brothel.

As for Prime Minister Stephen Harper, who has called the prostitution trade "bad for society," Bedford had this message: "We'll see how he handles the situation.... I'd like to see him squirm out of this one."

TORSTAR NEWS SERVICE

Quoted

"Now sex workers can work in a collective, find a vocation and work in a safe environment."

Lawyer Alan Young,
who was at the forefront of the challenge.

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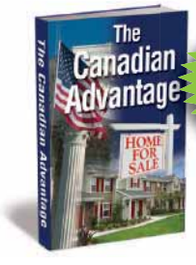

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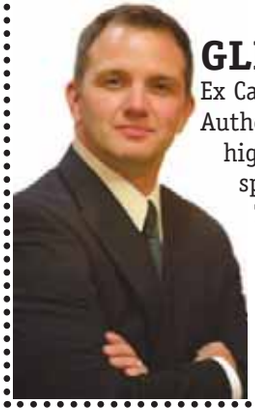

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A Tibetan nun in exile scuffles with police during a protest in New Delhi, India, Monday. Earlier, a Tibetan exile lit himself on fire ahead of Wednesday's visit by Chinese President Hu Jintao. MANISH SWARUP/THE ASSOCIATED PRESS

Protester sets himself on fire in New Delhi

Chinese state visit. Tibetan activist suffers severe burns in protest over Chinese President Hu Jintao's upcoming visit to India

A Tibetan exile lit himself on fire and ran shouting through a demonstration in the Indian capital Monday, just before a visit by China's president and following dozens of self-immolations in China in protest of its rule over Tibet.

Indian police swept through the New Delhi protest a few hours later, detaining scores of Tibetans.

The man apparently had doused himself with something highly flammable and was engulfed in flames when he ran past the podium where speakers were criticizing China and President Hu Jintao's visit.

Fellow activists beat out the flames with Tibetan flags and poured water onto him. He was on fire perhaps less than two minutes, but some of his clothing had disintegrated and his skin was mottled with black, burned patches by the time he was driven to a hospital.

About 30 such protests have occurred over the past year in ethnic Tibetan areas of China, and a Tibetan self-immolated last year in India, where many exiles reside. Beijing has blamed the Dalai Lama for inciting them and called the protesters' actions a form of terrorism.

Activists said the exile who self-immolated Monday is Jamphel Yeshi, 27, who escaped from Tibet in 2006.

"We have no idea how this happened, but we appreciate the courage," said Tenzing Norsang, an official with the Tibetan Youth Congress.

Hu is expected to arrive in India on Wednesday for a five-nation economic summit. Norsang called on the summit participants to discuss Tibet. THE ASSOCIATED PRESS

Turkey

Ad using Hitler sparks outrage

Turkey's Jewish community is protesting a Turkish commercial that uses old film footage of Adolf Hitler to sell shampoo.

The Jewish community and the Chief Rabbi's office on Monday demanded a public apology from the advertising company.

The commercial for a men's brand of shampoo has Hitler appear to shout out in a dubbed-over voice: "If you are not wearing women's dress, you shouldn't be using women's shampoo either!"

THE ASSOCIATED PRESS

Rising tensions. Afghan security kill three NATO soldiers in two incidents

Afghan security forces shot and killed three international troops Monday in two separate incidents, the latest in a rising number of attacks in which Afghan forces have turned their weapons on their foreign partners.

The killings reflect a spike in tensions between Afghan and international forces that follow an American soldier's alleged massacre of Afghan civilians, the burning of Muslim holy books at a U.S. base, and uncertainty about Afghanistan's fate as foreign troops prepare to pull out.

They also come at a time when international troops have stepped up training and mentoring of Afghan soldiers, police and government workers so that Afghans can take the lead and the foreign forces can go home.

U.S. Marine Gen. John Allen, the top commander of U.S. and NATO forces in Afghanistan, said at the Pentagon that these types of attacks are characteristic of any warfare involving insurgents. THE ASSOCIATED PRESS

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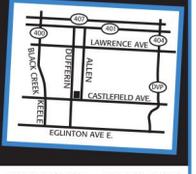

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Costa Concordia. Two still missing as divers bring up five more bodies

Divers on Monday recovered five bodies that were first located last week in the wreck of the Costa Concordia.

The recovery was made two months after the cruise ship struck a reef and capsized off Italy's Tuscan coast.

Italy's Civil Protection Agency said that by late afternoon divers had brought up all five bodies located by search crews last week in the wreck off Giglio Island.

The discovery raised the number of bodies found to 30.

Two people remain missing and are presumed dead.

No details have been given about the latest victims recovered.

THE ASSOCIATED PRESS

Animal cruelty charges

Importer facing trial after death of 15 monkeys

A U.S. importer of research monkeys faces cruelty charges after 15 animals died during a global flight.

Robert Matson Conyers is set to stand trial Monday on 10 counts involving a 2008 plane trip from Guyana.

Officials say Conyers was shipping the monkeys to a buyer in Thailand, but the plane was refused transit in China and returned to Los Angeles.

Officials there found 14 of the 25 monkeys packed into crates were dead. Another had to be destroyed.

The advocacy group Stop Animal Cruelty Now says the monkeys were dehydrated and resorted to cannibalism during the ordeal.

Conyers could face up to six months in jail and a $20,000 fine if convicted.

THE ASSOCIATED PRESS

Give those biceps a break!

After 76 days, Hungarian adventurer Gabor Rakonczay, above, has become the first person to paddle across the Atlantic Ocean from Europe to the Caribbean. Rakonczay, who began his adventure in Lagos, Portugal, on Dec. 21, and stopped for several days in the Canary Islands for rest and supplies, reached the island of Antigua on Sunday, he told The Associated Press in a phone interview from the Caribbean nation. Rakonczay was isolated and incommunicado for nearly 50 of the 76 days after his canoe capsized.

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A bird? A plane? A fake

Hoax. 'Flying Dutchman' defends viral video fraud

A Dutchman who admitted his viral video of himself "flying" in a homemade wing suit was a hoax has now defended his stunt.

Filmmaker and animator Floris Kaayk, also known as the intrepid aviator 'Jarno Smeets', says on his blog the stunt was "a new way of online storytelling" and was intended "to share a personal, yet universal dream about flying like a bird."

Kaayk create a stir across the Internet last week after YouTube footage of him 'flying' in a park in the Hague went viral. The video showing Kaayk flying through the air with enormous, kite-like wings has amassed more than six million hits since last week.

Several news outlets were successfully duped, running news of Kaayk's claim to fame. But it was soon made apparent that Kaayk's wings were power-assisted, not by a motor, by a mobile phone and Nintendo Wii controller, and that Kaayk was in fact not a certified engineer, as his fake alter ego Jarno Smeets' LinkedIn profile suggested.

Kaayk's project, entitled Human Birdwings, could very well be the biggest hoax so far. Over the course of six months, Kaayk and his team posted online videos documenting how he developed and built a set of bird wings. The climax of the 14 films is the last episode, in which he appears to fly for real. "Most people bought it, but after the thirteenth movie, there were doubts in the minds of most viewers," Kaayk admits.

On the web

Scan the code or visit metronews.ca to watch the video.

Floris Kaayk 'soars' in this video.
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Boss can't ask for Facebook password

Privacy. Canadians protected from employers accessing private information, says lawyer

A troubling trend in the U.S. has seen job applicants crying foul over efforts to gain access to their social networks and legislators hastening to protect them from such measures, but experts north of the border say Canadians have much less to worry about.

Labour laws in Canada offer strong protection from employers who ask jobseekers for personal information such as social media passwords, lawyers said. Rules in the U.S. are much more lax, they said, citing several cases in which prospective hiring managers have asked candidates to turn over their login information as part of the vetting process.

The incidents have caused an uproar in at least two states — Illinois and Maryland have both tabled legislation that would forbid public agencies from gaining access to social networks. Paul Cavaluzzo, a Toronto-based labour lawyer, said there's little need for Canada to follow suit.

"In Canada we've always respected privacy rights, which means that the employer does not have, and should not have, access to personal information," said Cavaluzzo.

Labour matters generally fall under the jurisdiction of the provinces, but federal laws are also in place to help protect personal information, he said. Legislation across the board is more stringent than what's in place in the U.S.

THE CANADIAN PRESS

Online strategies

Social experts say Canadians can never be too careful.

- **No such thing.** Social media strategist Amber MacArthur says online privacy is essentially a misnomer — details posted to a profile could go public with one click from a rogue contact.
- **Careful.** Would-be employers are well within their rights to search for information that hasn't been locked down.
- **Control info at the source.** MacArthur keeps her own profiles completely free of personal details and urges jobseekers to do the same.

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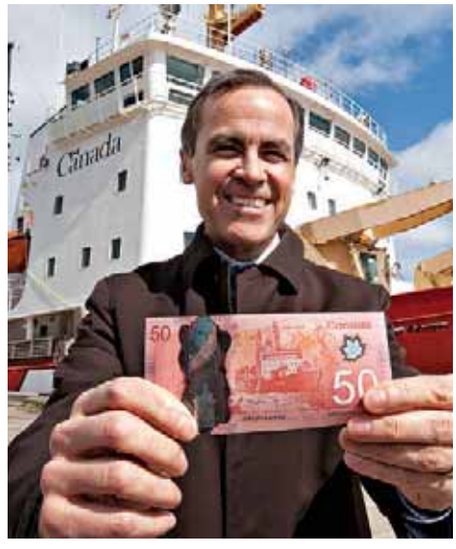

Showing off new $50 bill

Bank of Canada Governor Mark Carney holds a new $50 bill while standing in front of the Canadian Coast Guard ship Amundsen Monday in Quebec City. The Amundsen is displayed on the back of the new bank note made of polymer. JACQUES BOISSINOT/THE CANADIAN PRESS

Ownership

Facebook lawyers attempt to dismiss lawsuit

Attorneys for Facebook sought the dismissal Monday of what they called an "opportunistic and fraudulent" lawsuit by a New York man claiming half-ownership of the social networking site.

The attorneys asserted that Paul Ceglia had forged documents, fabricated emails and destroyed evidence, and said he had waited too long — six years — to file the lawsuit and the statute of limitations had expired.

Ceglia's attorneys say their client deserves his day in court.

In his 2010 lawsuit, Ceglia claimed that a 2003 contract he and Facebook founder Mark Zuckerberg signed entitled Ceglia to 50 per cent of the Facebook company.

THE ASSOCIATED PRESS

Aggressive hunting

Egg hunt dropped due to 'helicopter parents'

Organizers of an annual Easter egg hunt in Colorado have cancelled this year's event, citing the behaviour of aggressive parents who swarmed into the tiny park last year, determined that their kids get an egg.

That hunt was over in seconds, to the consternation of egg-less tots and their own parents. Too many parents had jumped a rope set up to allow only children into Bancroft Park in Colorado Springs.

Parenting observers cite the cancellation as a prime example of so-called "helicopter parents" — those who hover over their children and are involved in every aspect of their kid's lives to ensure that they don't fail, even at an Easter egg hunt. THE ASSOCIATED PRESS

Trayvon Martin. Dead teen's mom says new info leaked to 'demonize' son

Trayvon Martin was suspended from school when the unarmed teenager was shot to death by a neighbourhood watch volunteer, a family spokesman said Monday.

Martin, 17, was suspended by Miami-Dade County schools because traces of marijuana were found in a plastic bag in his book bag, family spokesman Ryan Julison said. Martin was shot Feb. 26 by George Zimmerman while he was visiting the Orlando-area city of Sanford with his father.

Martin's mother, Sybrina Fulton, and family attorneys blamed police for leaking the information about the marijuana to the media in an effort to demonize the teenager.

Reputation

"They killed my son and now they're trying to kill his reputation."
Sybrina Fulton, Trayvon Martin's mother

Also Monday, the state Department of Juvenile Justice confirmed that Martin does not have a juvenile offender record. The information came after a public records request by The Associated Press.

Zimmerman, 28, said he shot Martin in self-defence and has not been arrested. THE ASSOCIATED PRESS

Congo victims

Canadian mining company sued

Human-rights groups are turning to Canada's highest court in their effort to sue a Canadian mining company on behalf of the victims of a massacre in Congo.

The Canadian Association Against Impunity, a coalition of human rights groups and non-governmental organizations, alleges that Anvil Mining Limited provided logistical support to the Congolese military who raped and murdered people as it crushed a rebel uprising in 2004, killing as many as 100 people in the port city of Kilwa. THE CANADIAN PRESS

'Gang of Blondes' behind robberies: Brazilian police

Some of the women suspected of being part of Brazil's Gang of Blondes accused of terrorizing shoppers. CONTRIBUTED

Robberies. Police say seven 'really pretty girls' responsible for series of kidnappings

A gang of "really pretty girls, well-dressed and made up" are responsible for a series of kidnappings across Brazil, police say.

The so-called "Gang of Blondes" has been targeting unsuspecting females shopping in shopping centres throughout Sao Paulo and Rio de Janeiro for the past three years, holding victims captive at gunpoint and maxing out their credit cards to buy designer clothing and other luxury items, police say.

"One or two speak more than one language, and some have been educated overseas," Sao Paulo civil police anti-kidnap division chief Joaquim Dias Alves told BBC Mundo. "They are really pretty girls, well-dressed and made up."

Alves believes the seven-member gang has robbed at least 50 people.

Sao Paulo police arrested three gang members, including the group's only brunette and a man involved in the kidnappings, last week, Brazilian media report.

"The group started out by breaking into condominiums, but in 2009 got into the business of express kidnapping," Sao Paulo police Homicide Department's Jorge Carlos Carrasco told Agence France-Press. TORSTAR NEWS SERVICE

Modus operandi

Police say the gang would target middle-class women in broad daylight, holding them captive while other gang members maxed out their credit or debit cards.

- **Targets.** The gang often targeted women who looked like them so as not to raise suspicion at the mall, police say.
- **The spoil.** "In one case, they bought 17,500 reales (nearly $9,700) worth of items with the cards, and took out more than 3,000 reales ($1,660) in cash," police officer Alberto Pereira said.

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Robert Bales. Wife says accused U.S. soldier showed no signs of stress

The wife of a U.S. soldier accused of killing 17 Afghan civilians says her husband showed no signs of stress before he deployed, and adds that she doesn't feel like she'll ever believe he was involved in the killings.

Karilyn Bales defended her husband, Staff Sgt. Robert Bales, in an interview for NBC's Today Show that aired on Monday.

She said she has spoken to her husband by telephone twice since he was detained, but she didn't ask him about the accusations he faces. "We couldn't discuss those details," she said. "He … seemed a bit confused as to where he was and why he was there."

Officials say Bales wandered off base in southern Afghanistan earlier this month and killed eight Afghan adults and nine children. He was formally charged Friday with 17 counts of premeditated murder and other crimes. He is being held at a military prison at Fort Leavenworth, Kansas.

Staff Sgt. Robert Bales DVIDS, SPC. RYAN HALLOCK FILE/THE ASSOCIATED PRESS

Karilyn Bales said the accusations are "unbelievable to me."

"He loves children, he's like a big kid himself," she said. "I have no idea what happened, but he would not … he loves children, and he would not do that."

THE ASSOCIATED PRESS

Fatal beating. Woman's body to be flown to Iraq

Iraq's foreign minister said Monday that the body of an Iraqi-American woman who was found brutally beaten in the U.S. next to a note saying "Go back to your country, you terrorist" will be flown to Baghdad. Alawadi's father is Sayed Nabeel Alawadi, a Shiite cleric in Iraq.

Shaima Alawadi, 32, was taken off life support Saturday, three days after her 17-year-old daughter found her unconscious in the family's home in suburban San Diego.

The victim's daughter, Fatima Al Himidi, told KUSI-TV in San Diego that her mother had been beaten on the head repeatedly with a tire iron, and the note was next to her. Police said the family had found a similar, threatening note earlier this month but did not report it to authorities. THE ASSOCIATED PRESS

Refugees

Shaima Alawadi moved to the U.S. in 1993 with her family as part of a wave of Shiite Muslim refugees who fled to Michigan after Saddam Hussein cracked down on an uprising in 1991.

- **Move.** She moved to the San Diego area in 1996, graduated from high school and became a housewife, raising five children.

An undated frame grab provided last week by French TV station France 2 shows Mohamed Merah, the suspect in the killing of three paratroopers, three children and a rabbi in recent days. FRANCE 2 FILE/THE ASSOCIATED PRESS

French gunman's journey to terror

Mohamed Merah. Eight convictions as a juvenile and seven misdemeanours as an adult, he spent 18 months in prison for theft in January 2008

Mohamed Merah grew up in one of the toughest housing projects of Toulouse, France, with his mother, two brothers and two sisters. At age five, his parents split up — and he took that hard. As a youth he turned to petty crime, landing in prison twice.

A one-time auto-body shop worker, Merah liked cars and motorcycles, said a French official. Merah partied and was seen dancing at a nightclub days before his first suspected shooting, on March 11.

French police have known about Mohamed Merah since at least 2005 — when he was convicted as a minor for receiving stolen property.

But France's highly reputed counterterrorism officials first learned about him in November 2010, when he turned up in southern Afghanistan — caught at a random checkpoint by Afghan police and handed over to the U.S. military, which alerted French military intelligence.

That came at the tail end of a meandering road trip across the Middle East — Turkey, Syria, Lebanon, Jordan, even Israel — before he travelled to Egypt, where he met up with his brother in Cairo, a French official told The Associated Press.

Merah then spent three weeks in Tajikistan before crossing over into Afghanistan. He was arrested on Nov. 22, 2010, nine days after entering Afghanistan.

French authorities didn't pick him up, and Merah flew home early the next month, of his own accord. Under watch in the spring of 2011, Merah drew little suspicion. He partied, didn't often go to mosque, was cordial with his neighbours and showed no violent inclinations.

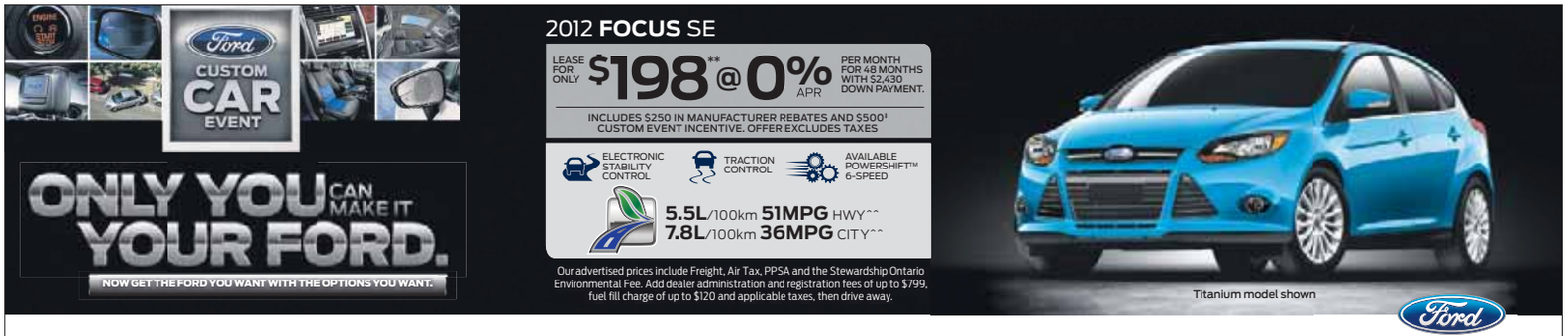
By August 2011 he was off again — to Lahore, Pakistan. His mother had prodded him to go there to look for a wife, the French official said. While on his trip, he caught Hepatitis A and returned to France in October 2011 for treatment.

THE ASSOCIATED PRESS

A failure

"He was seen more as a little failure from the projects."

Ange Mancini, French President Nicolas Sarkozy's top intelligence adviser, explaining that Merah's fellow Salafis did not consider him much of a thinker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North Korea haunts global nuclear summit

Distraction. Though not on the summit agenda, North Korea's nuclear intentions are on the back of world leaders' minds

Stephen Harper touched down in Seoul on Monday to attend a global nuclear summit amid a rising cacophony of threats and challenges involving North Korea, its atomic program and the regime's accelerated plans to hurl a satellite into space.

Even though his objective is to talk about how to stop the proliferation of nuclear material and weapons of mass destruction, the prime minister's schedule was packed with a series of bilateral discussions with European countries, which have been struggling to contain their debt crisis.

Harper and his officials, including Foreign Affairs Minister John Baird, met with Italian Prime Minister Mario Monti.

Although it's not officially on the summit agenda, North Korea stole the initial headlines after U.S. President Barack Obama challenged the leaders of the rogue regime "to have the courage to pursue peace."

His demand came as Seoul warned it might shoot down a North Korean rocket carrying a satellite if it violates South Korean territory.

Baird acknowledged the distraction, but suggested it should not hijack the conference. "We're working with our allies and others to take every diplomatic measure necessary to send a very strong message to the North Korean government that we strongly disapprove," he said.

The launch, which also worries Japan, has been described by the U.S. as a test of Pyongyang's ballistic-missile technology. It's a charge the new regime of Kim Jong-un denies.

Obama, despite his challenge to the North, said he stood by his pledge for a world without nuclear weapons.

A series of internal briefings, prepared for Defence Minister Peter MacKay, show Canada is skeptical of the pledge. "North Korea's nuclear test provides stark relief to the recent swell of international political support for nuclear disarmament and demonstrates how difficult it will be to translate the vision of a nuclear-free world into reality," said a 2009 analysis.

The Harper government was expected to face backroom criticism over a 10-year deal recently signed by Ottawa-based Nordion Inc., the world's largest supplier of medical isotopes, to buy highly enriched uranium from Russia.

The U.S., France, Belgium and the Netherlands announced a deal Monday that is meant to sustain the supply of lifesaving isotopes without the use of highly enriched uranium. The countries declined to criticize Canada directly, but suggested there would be a price to pay for not pushing harder towards low-enrichment uranium. Canadian officials pointed to the country's role in helping nations like Mexico to convert from using highly enriched uranium to low-enriched uranium. THE CANADIAN PRESS

South Korean President Lee Myung-bak greets Prime Minister Stephen Harper during a welcome ceremony for the Nuclear Security Summit at the Coex Center in Seoul on Monday. SUSAN WALSH/THE ASSOCIATED PRESS

Market Minute

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TSX 12,574.79 (-109.13)

OIL $107.03 US (+$0.16)

GOLD $1,685.60 US (+$23.20)

Natural gas: $2.226 (-4.9¢) (per 1,000 cubic feet)
Dow Jones: 13,241.63 (+160.9)

StatsCan

Canadians buying more booze

Statistics Canada says beer and liquor stores sold $20.3-billion worth of alcoholic beverages in the fiscal year ending March 31, 2011, up two per cent from 2010.

The agency says beer remains the favourite for Canadians, although per-capita sales of 80.3 litres per person in 2011 were down from 85.6 litres in 2000. The growth reflected a number of factors, including increased sales of imported wine and spirits, and an overall increase of 0.4 per cent in the prices of spirits, wine and beer. THE CANADIAN PRESS

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Ruth burned away her belly-fat and fits into her wedding dress again!

Ruth feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Ruth's story

"After having 5 children, I had a hard time burning that extra fat. As the years progressed, I never viewed myself as being overweight, but I always struggled with fat on my stomach. At 55, I found myself constantly dressing to disguise my belly, staying away from tight clothes and the like.

People noticed my new figure

I read about **Chili Burn** in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking it in July 2011. Now, 6 months later I have lost my belly fat and people really notice it. They all want to know my secret, so I recommend **Chili Burn** to family, friends, and acquaintances and really encourage them to try it out. This product will suit anyone who would like to burn fat with natural ingredients and be side effect free. I highly recommend it."

Ruth Veldstra, Hagersville, Ontario

Don't be fooled by other products:

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THE ASSOCIATION OF ONTARIO LAND SURVEYORS IS PLEASED TO ANNOUNCE THAT

AMY LI, O.L.S., O.L.I.P. OF TORONTO, ONTARIO

Has successfully completed all of the academic and experience requirements for professional membership in the Association of Ontario Land Surveyors.

Ms. Li received her Bachelor of Geographic Analysis from Ryerson University. She then completed additional university courses required by the Association. Her formal education was followed by a required term of closely monitored practical experience and by additional formal examinations in Statute Law and Professional Land Surveying.

Amy now joins the ranks of over 615 Ontario Land Surveyors/Ontario Land Information Professionals who are responsible for the creation, maintenance and recording of land boundaries and parcels in the Province of Ontario. OLSs/OLIPs are also engaged in aerial photogrammetric mapping, hydrographic surveying of the beds of lakes and rivers, topographic surveying, geodetic surveying for precise determination of the shape of the Earth's surface and are involved in the development and maintenance of Geographic Information Systems (GIS) as Geographic Information Managers. For additional information, visit the AOLS website.

www.aols.org

LITERACY AND LIFELONG LEARNING

"Live as if you were to die tomorrow. Learn as if you were to live forever." – ***Gandhi***

Imagine if you couldn't make sense of a simple street sign, read a prescription label or share a bedtime story with your child. For some Canadians all they can do is imagine because they lack the literacy and essential skills that many of us take for granted.

Statistics show that four out of 10 adult Canadians, age 16 to 65 — representing nine million Canadians — struggle with low literacy. They fall below level 3 (high school completion) on the prose literacy scale. It's a sad statistic but true. The good news is that there are hundreds of volunteer organizations across Canada that offer adult learners the opportunity develop their literacy skills and their confidence.

ABC Life Literacy Canada is a non-profit organization that inspires Canadians to increase their literacy skills, and offers resources and contacts for anyone interested in improving everything from reading and writing to math and computer skills. "We can connect adult learners with local literacy organizations for training in a wide range of areas," says Margaret Eaton, President of ABC Life Literacy Canada. "We're proud to have partnerships with more than 400 of these organizations across the country."

Organizations such as ABC Life Literacy Canada are dedicated to helping Canadians build essential skills to be successful in the workforce but also in life. "People want to increase their skills for a number of reasons, not only to find better jobs, but also to play a more active role at home, whether it's to gain a better understanding of household finances, help their children with homework or read a storybook to their grandchildren," says Eaton.

GOING BEYOND THE THREE RS

Although there is, and will always be, a focus on learning the three Rs (reading, writing and arithmetic), a new requirement has emerged — the need for more computer-literate workers.

"We've reached the end of many of the high-wage, low-literacy jobs in heavy industry and manufacturing," says Eaton. "For many businesses it's the knowledge-based jobs that will carry their companies in the future. These jobs require higher levels of understanding, writing and communicating."

LITERACY: A LIFELONG JOURNEY

For Eaton the power of literacy is clear. "Literacy is a wonderful tool that opens up a world of opportunities for individuals and allows them to engage fully and confidently in life's activities — whatever they might be. And learning is a lifelong journey that should never end."

For more information, visit ***abclifeliteracy.ca***

A SPECIAL WEEK TO CELEBRATE LEARNING

This year, the Canadian Commission for UNESCO has declared March 24 to April 1, 2012 as (International Adult Learners' Week). Celebrated in Canada since 2002, International Adult Learners' Week is a celebration of the importance of lifelong learning and adult literacy.

LITERACY AND THE ECONOMY: HOW DOES ONE IMPACT THE OTHER?

Craig Alexander, Senior Vice-President and Chief Economist for TD Bank Financial Group, is a strong advocate for improving literacy levels in Canada. He is also a board member of ABC Life Literacy Canada, a national non-profit organization that inspires Canadians to increase their literacy skills.

Recently, Alexander talked about literacy and the Canadian economy. According to Alexander, the performance of an economy is driven by two factors: first, the size and skills of its labour force; and second, the ability of its economy to innovate through productivity improvements. Literacy is the cornerstone of skills development; it is the foundation upon which other skills are built.

Alexander estimates that weak literacy skills could be costing the Canadian economy as much as $80 billion in lost economic opportunity. Improved literacy skills could create thousands of jobs and would materially help to reduce poverty in Canada.

WHAT CAN BUSINESSES DO?

"Businesses should be engaged in promoting literacy skills development," says Alexander. "This could be done, for example, by helping to fund skills training for employees. However, studies have shown that it is not the cost that is the main deterrent to skills development. In many cases, the individuals needing additional training have difficulty balancing work-life responsibilities."

Steel manufacturer ArcelorMittal Dofasco dealt with the work-life balance issue in a unique way. The company established an essential skills training program that was free to employees, who were also paid for half their time in the classroom. Employees enrolled in 12-class sessions where they were taught literacy, basic computing, keyboarding and business writing.

The most recent mass survey — the 2003 International Adult Literacy and Skills Survey (IALSS) published by Statistics Canada — found that 48 per cent of adult Canadians don't have the necessary literacy skills to achieve their full potential at work, at home and in the community.

SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT LITERACY:

ALMOST 50 PER CENT OF RESPONDENTS SAY THAT THEY HAVEN'T RECEIVED ANY TRAINING OR PROFESSIONAL DEVELOPMENT IN THE PAST YEAR

Metropolitan Panel

Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you!

ONL
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ABC LifeLiteracyCanada

ABC LIFE LITERACY CANADA: TRANSFORMING LIVES

ABC Life Literacy Canada has a clear vision — a Canada where everyone has the skills they need to live a fully engaged life. It's this vision that the national non-profit and its many supporters and ambassadors have been working tirelessly towards for more than 20 years.

With a focus on inspiring Canadians to increase their literacy skills, the national non-profit organization focuses its efforts on moving the cause forward. The organization connects and mobilizes business, unions, government, communities and individuals to support lifelong learning through various programs, communications and partnerships.

SUPPORTING ADULT LEARNERS WITH RESOURCES ACROSS CANADA

Visitors to the ABC Life Literacy Canada website (abclifeliteracy.ca) will find a list of programs, useful resources and links, such as LEARN, that help adult learners and their families connect with literacy organizations in their area. LEARN, Canada's first national literacy campaign, has been running successfully since 1994. Thanks to The Yellow Pages Group™, LEARN has assisted learners coast-to-coast in seeking help to improve their literacy skills.

MAKING FAMOUS CANADIAN AUTHORS ACCESSIBLE TO EVERYONE

Adult learners who want to enjoy a great read from a best-selling Canadian author can check out Good Reads®. Through this program, learners can enjoy short books (10,000 to 12,000 words, about 100 pages), with easy-to-understand vocabulary and structure. Good Reads encourage reading practice, develop reading skills, and increase reading confidence. The list includes works of fiction from best-selling authors like Joy Fielding. There are also non-fiction choices including, *Easy Money,* written by financial literacy expert and TV star Gail Vaz-Oxlade.

HONOURING EXCELLENCE IN ADULT LITERACY

Each year, ABC Life Literacy Canada celebrates the achievements of exceptional learners and practitioners with four annual awards to honour excellence in the areas of journalism, learning centres, workplace literacy and corporate commitment.

For more information about ABC Life Literacy Canada, please visit ***abclifeliteracy.ca***

FAMILY LITERACY DAY

Held annually on Jan. 27, Family Literacy Day was developed by ABC Life Literacy Canada in 1999 to celebrate adults and children reading and learning together, and to encourage Canadians to spend at least 15 minutes enjoying a learning activity as a family every day.

HELPING ADULT LEARNERS MOVE ON

For the staff at Alexandra Park Neighbourhood Learning Centre (APNLC), it's all about helping adult learners move on to "the next step."

APNLC helps learners develop skills in the areas of reading, writing, numeracy, digital technology, self-management and self-direction, and working with others. According to intake worker Katie McLeod, the support doesn't end there. "We also support learners in the process of applying for college and university programs, post-secondary and apprenticeship programs, volunteer positions, and various employment opportunities."

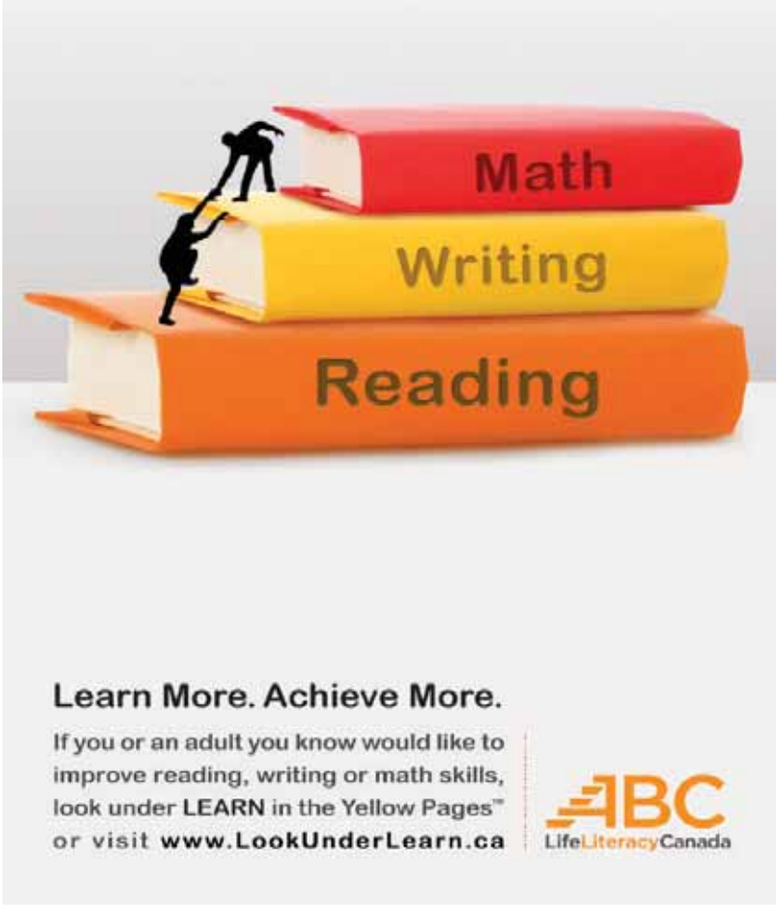
As an intake worker at APNLC, McLeod is the first person new learners meet when they start their programs. "I'm always struck by how incredibly strong they are and how determined to overcome the barriers they've faced and continue to face," she says.

"For many learners, an adult literacy program is the first place where they feel their innate talents and interests are recognized and encouraged to flourish. It may be the first time they feel excited about learning. Having the opportunity to work in this environment with these people has enriched my life in so many ways," McLeod says. "The adult learners I've met in our program have inspired me to pursue my own path of lifelong learning."

One of the adult learners she has been working with over the past few months is Anne Comrie, who immigrated to Canada from Jamaica 30 years ago. Comrie's goal in taking the literacy program at APNLC is to enhance her skills so she can pursue a college diploma. "The program offers so much," she says. "The support I receive from Katie and others at the centre is helping me enhance my reading, writing and comprehension skills and my computer skills. There are also Money Matters sessions that give valuable advice on how to manage my money." With everything she's learning, Comrie feels more confident about her skills and her prospects for the future.

HOW TO CELEBRATE

Do you need to improve your skills to land your dream job? Are you a new Canadian looking to improve your English language skills? Do you want to get your GED? Contact the Literacy Access Network to find a free program. Visit www.mtml.ca/lan or call 416-961-5557.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LY 1/3 OF RESPONDENTS FEEL HAT THEY LEARN EVERY DAY

OF THE NINE ESSENTIAL SKILLS, RESPONDENTS FEEL THE GREATEST NEED FOR IMPROVEMENT IS IN CONTINUOUS LEARNING, COMPUTER USE, AND ORAL COMMUNICATION

ABC LifeLiteracyCanada

Are you prepared?

THE WOES OF WOULD-BE HOMEBUYERS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

My mother always told me that one of her biggest mistakes in life was not getting on the property ladder early enough. Consequently, I've had a desire to invest in bricks and mortar since my late teens.

After four years together and a semi-aggressive saving plan, my boyfriend and I are finally ready to take the leap toward permanent cohabitation. After all, you can wait forever for the real-estate bubble to burst or you can suck it up and decide the "right time" is never going to come and just take the plunge. We were pre-approved for a horrifyingly unrealistic mortgage, found ourselves a patient agent and resolved to give up all our weekends for the unforeseeable future.

Of course, finding a place that fits all our criteria and our budget is proving to be a seemingly impossible task. There's always something not quite right. Units are too small, too pricey, too dark, too high. I'm starting to feel like the Goldilocks of urban real estate.

Downtown digs

"We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile."

Whenever I get terribly depressed about my home-buying woes I log on to FML Listings, a Toronto-based blog that highlights the absurdity of the city's real-estate market by posting outrageous listings alongside snarky commentary. For added impact, the site compares Toronto listings with those in other markets. For example, a three-bedroom bungalow about half an hour outside downtown is listed at just under $1.8 million, roughly the same price as Paula Abdul's mansion in the Hollywood Hills. Heartbreaking isn't it?

So why bother trying to buy in the city at all?

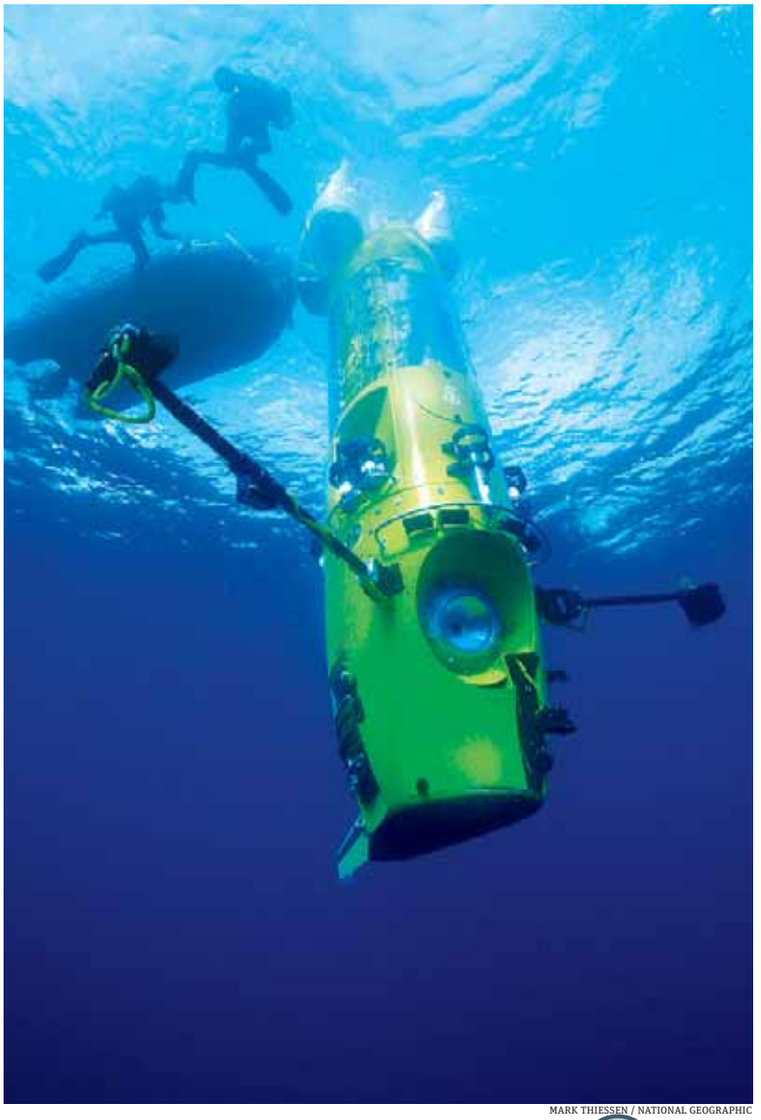
We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile.

While walking home last night after another series of hopeless viewings, we stumbled across a street performer playing a very unique rendition of Greensleeves. The man was using a bow to play an industrial saw as an instrument. It was a beautifully strange sight but not out of place among the eclectic happenings of the city. You just don't find that in the suburbs; you'd never see anything like that outside the window of your SUV in a strip-mall parking lot.

The city itself has an unpredictable way of reminding me that this is where I belong. So despite all the hours lost in open-houses and blood-pressure-raising bidding wars, I know we'll get there in the end.

Being a homeowner in the city has its price. ISTOCK

Director reflects on voyage 'to hell'



MARK THIESSEN / NATIONAL GEOGRAPHIC

The Titanic

Director returns from 'the abyss'

PACIFIC OCEAN. The last frontier on Earth is out-of-this-world, desolate, foreboding and moon-like, James Cameron said after diving to the deepest part of the ocean. And he loved it.
THE ASSOCIATED PRESS

Avatar

"Back from trip to deepest pl on Earth -#oceans hadal zone. Puts a new spin on 'to hell and back'. Good to see the sunshine."

Mariana Trench

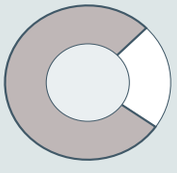
- Hydraulic failure meant Cameron was unable to retrieve samples from the trench.
- He said, "My feeling was one of complete isolation from all of humanity."
- Cameron said he had hoped to see a strange deep-sea monster, a creature that would excite the storyteller in him and resemble something out of his movies, but he didn't.
- The trench is 120 times larger than the Grand Canyon and more than two kilometres deeper than Mount Everest is tall.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Were you surprised the iPhone topped the BlackBerry as Canada's smartphone of choice?

78% NO. IT WAS A LONG TIME COMING



22% YES. WE SHOULD BE LOYAL TO OUR HOME BRAND

Twitter

@epiphanes: Ontario -where pimping and prostitution is legal but marijuana is not only illegal but can have mandatory jail time. #theworldwelivein

@kdovick: My vote is for Mulcair - and even if Mulcair makes it a "Quebec" run party, isn't that what Harper did with his "Alberta" run party ? #PNP

@jfitzgeraldca: Finally heard Mulcair's "boring" speech. If addressing Cdns as if intelligent is bad, then may be time to vote for the dark side. #cdnpoli

@stphnmaher: I think it's more that Quebecers kept talking about this after Charlottetown and never noticed when ROC moved on #cdnpoli

@benjamink15: Love the McGowan extension. Serious upside for Jays, financial security for No-Run DMc. Win-win. #bluejays @BlueJays

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Madonna shows her vulnerable side on her new album, MDNA. GETTY IMAGES

Deconstructing MDNA

New album. Metro's Pat Healy listens to Madonna's first new album in four years and hears her mortal side

PAT HEALY
Metro World News

Madonna is a bitch out of order, a bat out of hell and a fish out of water. At least that's what she compares herself to in the song Gang Bang, off her brand new album, MDNA. Madge's claim about being broken, angry and alienated is a succinct self-analysis.

It's been four years since her last album of new material, the longest gap of her nearly 30-year career, which would explain the fish-out-of-water feeling — to say nothing of the fact that her last album came out a full six months before the debut of another Italian-American with a stage name, a penchant for shock value and a monster-load of blond ambition, Lady Gaga.

As far as the bitch-out-of-order and the bat-out-of-hell, her venomous personal lyrics on this album make it difficult to distinguish Madonna — the pop legend — from Madonna, the mortal whose eight-year marriage to director Guy Ritchie ended in a bitter divorce.

"I tried to be a good girl, I tried to be your wife," she sings on I Don't Give A.

It is this vulnerability that gives MDNA its vitality. And this uneasiness of being thrown into a different life situation almost makes it acceptable for her to sing like a teenager about drinking too much Tanqueray and "Tweetin' in the elevator."

Comparing a new love to Mike Jordan and Abe Lincoln in the same song? Well, that's just silly. But she seems to acknowledge there's a personal crisis at hand, where impulsive behaviour is the norm, singing, "I know I shouldn't act this way" in Girl Gone Wild.

This confessional intimacy also makes it difficult to criticize Madonna for imitation, which she does indulge in a bit on MDNA.

To that charge, the material girl is just as much of a smart shopper as she's always been, using the baddest guest stars (including Nicki Minaj and M.I.A.) and the best producers (including Martin Solveig and William Orbit) to bring her sound into now. If she can't define the times, she's certainly not going to be behind them. And really, anybody she's borrowing from wouldn't even be making music if it weren't for her. The racecar bass lines, pumping beats and Skrillex-style monster breakdown would seem forced if not done properly.

But it's Madonna, and even if she is a fish out of water, she can always get into the groove.

The makeup of MDNA

- **Approximate number of times the words "girl" or "girls" are used:** 63.
- **Approximate number of songs that are most likely about Guy Ritchie:** Six and a half.
- **Number of previous Madonna hits referenced by title:** Three.
- **Number of Nicki Minaj guest appearances:** Two.

Deluxe it up

- The deluxe edition clocks in at more than an hour, which can be a little exhausting, but it features perhaps some of the best songs, including an almost punky duet with M.I.A. called B-Day Song.

2 SCENE

Scene in brief

Prime time for Kimmel

Late-night host Jimmy Kimmel just got a prime-time gig: Host of the 64th Primetime Emmy Awards. The star and executive producer of Jimmy Kimmel Live! will host the Emmy Awards ceremony on Sept. 23 at the Nokia Theatre in Los Angeles. "I hope to be able to do for the Emmys this year what Eddie Murphy did for the Oscars," Kimmel joked, referring to the comedian who pulled out as host of this year's Oscar ceremony. This is Kimmel's first time hosting the Emmy Awards. Kimmel's namesake show is in its 10th season on ABC. He previously hosted the American Music Awards and the ESPY Awards and is set to host the White House Correspondents' dinner next month.
THE ASSOCIATED PRESS

On the Web

Nice guy Eric McCormack from Will & Grace taps into his sinister side for return to Broadway

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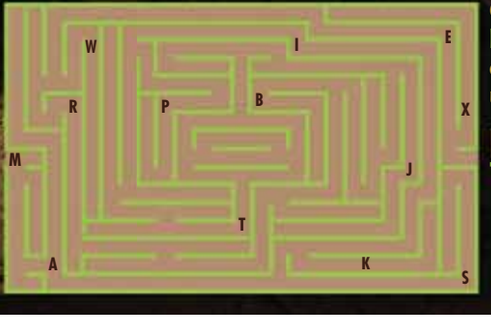

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Fear, paranoia keeping Little Mosque off the air in the U.S.?

Muslim stereotypes. Little Mosque eyes hoped-for U.S. broadcast deal as series winds down

The cast of the hit show Little Mosque on the Prairie HANDOUT/CBC/THE CANADIAN PRESS

Of all the barriers CBC's groundbreaking sitcom Little Mosque on the Prairie has managed to cross with its multifaith humour, one surprising wall remains: the U.S. border.

Despite having audiences in 92 countries around the world, executive producer Mary Darling notes the gentle comedy has never been able to secure a broadcaster in the United States, where a lighthearted look at culture clash would arguably have its deepest resonance.

Now that the gentle comedy is winding down its six-season run, Darling says talks are underway to finally land a U.S. broadcast deal.

"All these conversations are in play and I'm assuming that at some point we'll be able to make a U.S. announcement," says Darling, refusing to say more.

In some ways, little has changed since Little Mosque first hit Canadian television with a never-before-seen look at small-town Muslim life on the Prairies, says show creator Zarqa Nawaz.

Nawaz blames "a lot of fear, a lot of paranoia" in the United States for keeping the show off the air there.

"9-11 happened in the United States and there's still a lot of problems because of it in terms of perceptions of Muslims," says Nawaz.

"Look at (President) Barack Obama. I mean, his biggest liability was that people thought he was Muslim, right? I don't think we can underestimate those feelings. They're very, very strong in the United States."

"There is a population in the States that's ready for our show," says Darling, who blamed the inability of Little Mosque to get a deal earlier on revenue-conscious TV executives. "I think the American people are ready for the show and that the gatekeepers at the broadcaster, they're nervous. They're nervous because heads roll very quickly if something's not a success."

Little Mosque kicks off a two-part finale Monday on CBC-TV. The show's final episode airs April 2. THE CANADIAN PRESS

Media firestorm

'Mainstream advertisers pulled out'

Zarqa Nawaz, creator of Little Mosque, points to the recent uproar over the TLC series All-American Muslim as a prime example of lingering misconceptions about Muslims. The reality show chronicled the lives of five Muslim American families in small-town Michigan. It found itself at the centre of a religious and political uproar when an evangelical group complained its everyday storylines whitewashed Islamic radicalism.

Major sponsors, including the hardware giant Lowe's, withdrew their support, spurring a backlash that had celebrity critics Jon Stewart and Russell Simmons lauding the show for challenging stereotypes.

"That is the thinking right now in the United States," Nawaz says of the firestorm, which was followed by the show's cancellation. TLC blamed the cut on low ratings. "All these mainstream advertisers pulled out of a show about Muslims because it was about normal people."

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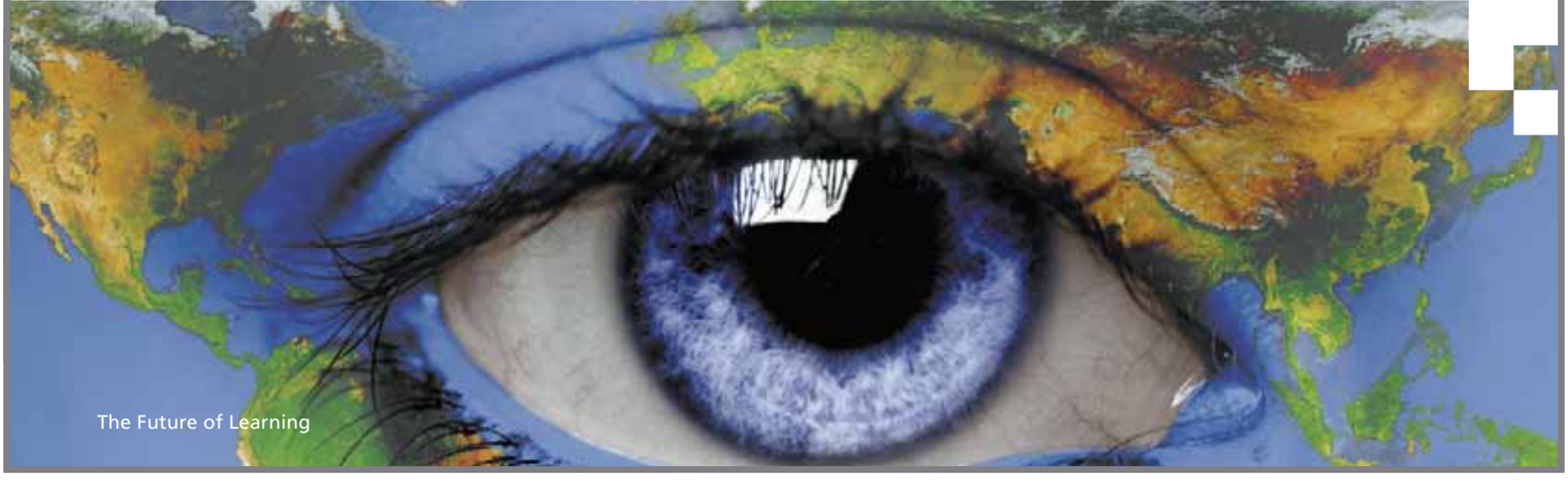

DVD reviews

A Dangerous Method

Director. David Cronenberg

Stars. Michael Fassbender, Keira Knightley, Viggo Mortensen

A Dangerous Method concerns itself with psychiatrists Sigmund Freud and Carl Jung and their clinical subject, Sabina Spielrein. Cronenberg and screenwriter Christopher Hampton busy themselves with the dynamics of competing mental health treatments at the dawn of psychoanalysis. A Dangerous Method has the surface elements of Cronenbergian kink: beautiful people giving free rein to their darkest sexual impulses, both in the name of science and the libido.

PETER HOWELL

DVD reviews

Extremely Loud and Incredibly Close

Director. Stephen Daldry

Stars. Tom Hanks, Thomas Horn, Sandra Bullock

The film concerns a troubled New York boy (Thomas Horn), who is following unfathomable clues supposedly left by his dead father (Tom Hanks), who perished in the World Trade Center. The boy, 11-year-old Oskar Schell, wants to visit every one of the people surnamed "Black" in the New York telephone directory. Extremely Loud and Incredibly Close feels wrong on every level. It should have been called Extremely Maudlin and Incredibly Awful.

PETER HOWELL

Five reasons to be excited for R. Kelly's next 'rap opera'

Trapped in the Closet

2. The next installment of R. Kelly's bizarre project is coming, and here's why you should catch up with the series

Good news everybody: R. Kelly is returning with new chapters of Trapped in the Closet. The U.S. based IFC channel announced that new installments of the self-professed rap opera will be released this year. And, if R. Kelly's statements to TMZ have any truth to it, there will be 32 vignettes to enjoy in 2012.

1. In his official statement, R. Kelly called the project an "alien" and said it was "not of this earth."

The song and accompanying videos are so ridiculous that when the rapper introduced the concept of a (originally) 16-minute, multiple part song to his record label, Jive, they didn't know what to do with it, according to producer Ann Carli.

Now, it's a unique viral success that has captivated audiences since 2005. Such is the brilliance of R. Kelly.

2. Despite the fact that all the chapters feature the same beats and melody, the story never gets boring. The soap opera-esque plot twists and turns so much that you'll need notes to keep up with who's who. But, don't worry, he often recaps the action every few installments or so.

3. If you manage to get your hands on a copy of the DVD, you can watch R. Kelly sitting on a plush chair while smoking a cigar and watching Trapped in the Closet on a screen. It's the "Inception" of DVD commentaries – and totally worth watching just to see R. Kelly's insane thought process behind creating the videos. Also, you'll find out that, according to R. Kelly, dresser rhymes with Beretta.

R. Kelly's Trapped in the Closet series has 'morphed into one of the strangest items in pop culture history.' GETTY IMAGES

4. The videos have such a big cultural influence that they've been performed live by multiple U.S. theatre groups, were performed live by R. Kelly at the 2008 MTV Music Video Awards and been spoofed by South Park.

According to HitFix, it's "morphed into one of the strangest items in pop culture history."

5. The first 22 chapters revolved around a one-night stand, a cheating woman, a whole lot of bad wigs, a mysterious "package" that may or may not be alluding to an STD, a gay pastor, a spatula, and Bridget… who's hooking up with a midget. Yep, you read that right.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston GETTY IMAGES

Half a million in gifts? Life ain't shabby for Jennifer's main man

Dating Jennifer Aniston apparently has its perks, including lavish gifts.

The former Friends star has reportedly bought beau Justin Theroux around $500,000 worth of extravagant presents, including a $12,000 leather jacket that belonged to James Dean and a pair of high-end motorcycles, according to Grazia magazine.

"Neither Jen nor Justin seem embarrassed that she is the main breadwinner. She is in a comfortable position, so why not spend money on the man she loves," a source says. Of course, the showering with gifts isn't a one-way street: "Justin loves buying Jen little gifts and going out of his way to show how much he cares," the source adds. "This is not a one-sided relationship at all, and Jen feels she is the luckiest girl in the world."

Mo money, no problem

"Neither Jen nor Justin seem embarrassed that she is the main breadwinner. She is in a comfortable position, so why not spend money on the man she loves."

A source reporting to Grazia magazine

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The Word

Jenna Talackova, transgendered contestant ousted from Miss Universe Canada 2012 competition, is pictured here in a ModelMayhem.com portfolio photo. MODELMAYHEM.COM

THE WORD
Dorothy Robinson
scene@metronews.ca

There he is, Miss Universe Canada?

Is the world ready for a transgender Miss Universe contestant?

The quick answer to this is: No.

The longer explanation has to do with beauty pageant contestant Jenna Talackova, 23, who made it to the finals in the Miss Vancouver pageant, but was ultimately ruled ineligible due to her being biologically male. The 6-1 stunner did well — and even made it to the finals — but was disqualified after organizers learned she wasn't a naturally born female, according to CTV News.

"Jenna Talackova from Vancouver, British Columbia, will not compete in the 2012 Miss Universe Canada competition because she did not meet the requirements to compete despite having stated otherwise on her entry form," Miss Universe Canada organizers said in a statement. "We do, however, respect her goals, determination and wish her the best."

According to CTV News, Talackova started hormone therapy at 14 and had gender reassignment surgery at 19.

Talackova is claiming discrimination, which Miss Universe Canada national director Denis Davila refutes, telling CTV News, "We have to have the facts straight. There is no discrimination here at all. You can look at it the way she wants to look at it ... but we all have to follow the same rules."

Miss Universe Canada says that Talackova indicated on her registration form that she was born a female but later admitted that she was born a male, India Today reports.

Here's the thing: Whether you are applying for a job at Arby's or as a beauty pageant contestant in Canada, you can't lie on your application form.

And, as a woman, I can see where this is tricky. Women already earn, on average, 23 per cent less than our male counterparts in the working world.

Sadly, beauty pageants are one constant where we can compete on a level playing field.

A playing field where we compete in high heels and fake eyelashes, but a fair one nonetheless.

On the other hand, she doesn't look like she had any less work than the rest of Miss Universe contestants, so what's the big deal?

Lana Del Rey, left, and Marilyn Manson. GETTY IMAGES

A match made in... well, you decide

Rumours are swirling that new singing sensation Lana Del Rey is dating Marilyn Manson, according to Hollyscoop. The pair first turned heads when they were spotted "sneaking into an elevator" in Berlin earlier this month, and since then they've reportedly been spending a lot of time together — like grabbing dinner before Del Rey's performance at the Echo Awards. After the show, Del Rey and Manson left together in a van.

Megan Fox GETTY IMAGES

Photog fires back after scrap with Fox's beau

Megan Fox and Brian Austin Green are being sued by a photographer over an alleged altercation in Hawaii last December, according to TMZ.

Delbert Shaw claims he was attacked by Green after being spotted snapping pictures of the couple on the beach near the Four Seasons Resort in Hualalai, with Fox egging her husband on, saying, "Are you going to let him get away with that?"

Shaw says Green proceeded to pummel and beat him before throwing his iPhone into the water. He is suing for unspecified damages.

Twitter

@Drake
Natasha McElhone I know you don't have twitter cause you are a mature British goddess...but I love you.

@russellcrowe
this isn't funny but I saw an Acura plough in to the back of a beautiful Beauford today,Acura smashed,not a scratch on the real steel car

@MissKellyO
sid keeps throwing up he has been to the vet 3 times and its still happening I'm starting to get worried i think my dog is puppy-rexic!

@SarahKSilverman
I'm so proud to be the founder of "WOMEN & MEN UNITE", a global movement I made up on the elliptical just now.

Put away the pills; pain may be rooted in your self

Dig below the surface if you are suffering.
"The pain detective" is urging patients to look at the role stress plays in your injuries

CELIA MILNE
wellness@metronews.ca

Got pain?

If so, look at the big picture, says Dr. Hillel Finestone, who treats patients suffering from painful conditions.

Finestone, a.k.a "the pain detective," says that injuries and wounds can take longer to heal if you are going through a difficult time, perhaps struggling with the loss of a job, stressed out by a breakup or divorce, being mired in a toxic relationship, or having been abused as a child.

"Psychological stress is associated with a slower or delayed healing of wounds or injuries," says Finestone, director of stroke rehabilitation research at the Elisabeth Bruyere Hospital in Ottawa.

In his career treating patients with back pain, neck pain, fibromyalgia and other pain conditions, Finestone tries to focus on the whole person and what else is going on in their life, and not just the sore part. He has published scientific articles on the effect of stress on healing, and also wrote a book called The Pain Detective: Every Ache Tells a Story.

Ergonomic problems, such as uncomfortable chairs or a badly set-up workstation, can also keep you in pain.

"Millions of dollars are spent on pain-related medication," says Finestone. "Paying attention to the whole person could produce better outcomes, reduce disability and save money."

Analysis

What to do about your pains

Dr. Hillel Finestone, the author of The Pain Detective, has some advice for getting to the bottom of your pains.

"Never underestimate the ability of your life and feelings to affect your health in both negative and positive directions. Ask yourself, What's going on in my life that could be causing my muscles to tense up, thus leading to a worsening of my back or neck pain? Can my negative mood be affecting my desire to exercise, leading me to eat too much, smoke more and live in an unhealthy way?"

If back pain is consuming your life, there are ways to get rid of it, sans pharmaceuticals. ISTOCK PHOTOS

3 LIFE

Coregasm

Exercise orgasms

Researchers at Indiana University have anecdotal evidence that exercise can lead to female orgasm. Exercises that can induce an orgasm are abdominal exercises, biking/spinning, climbing poles or ropes and weight lifting. The phenomenon is referred to as 'coregasm.'

Muscles

Hockey workouts

If Kate Middleton stays so slim and toned by playing hockey, then we are sure to be giving it a go. She has great legs, and we're hoping squeezing a couple of games in will have the same effect on us.

METRO WORLD NEWS

On the Web

Feds extend funding for northern tuberculosis research, testing

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i'm lovin' it

Expert opinion

Depression days are over

Dr Richard Bowskill, a psychiatrist at London's Priory Clinic, speaks about how the time switch can trigger changes.

"When the clocks go back in the autumn, people often suffer from seasonal affective disorder (SAD) as their 24-hour body clock (the circadian rhythm) is disrupted. This can trigger a drop in energy levels and in some people, depression. The good news is that winter is officially over and as the days get longer, we can spend more time soaking up the sunlight. Springtime can cause a massive switch in behaviour in those most sensitive to the changes in light. Those that were feeling down and lethargic can become overactive and energized overnight."

DIABETES STUDY

Are you a father with type 1 diabetes (T1D), between the ages of 20-55 years and have a child with T1D? If so, you may be eligible to participate in a research study aimed at better understanding the causes of diabetes.
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Livia Deda – 416-813-7654 ext. 28462 or email livia.deda@sickkids.ca

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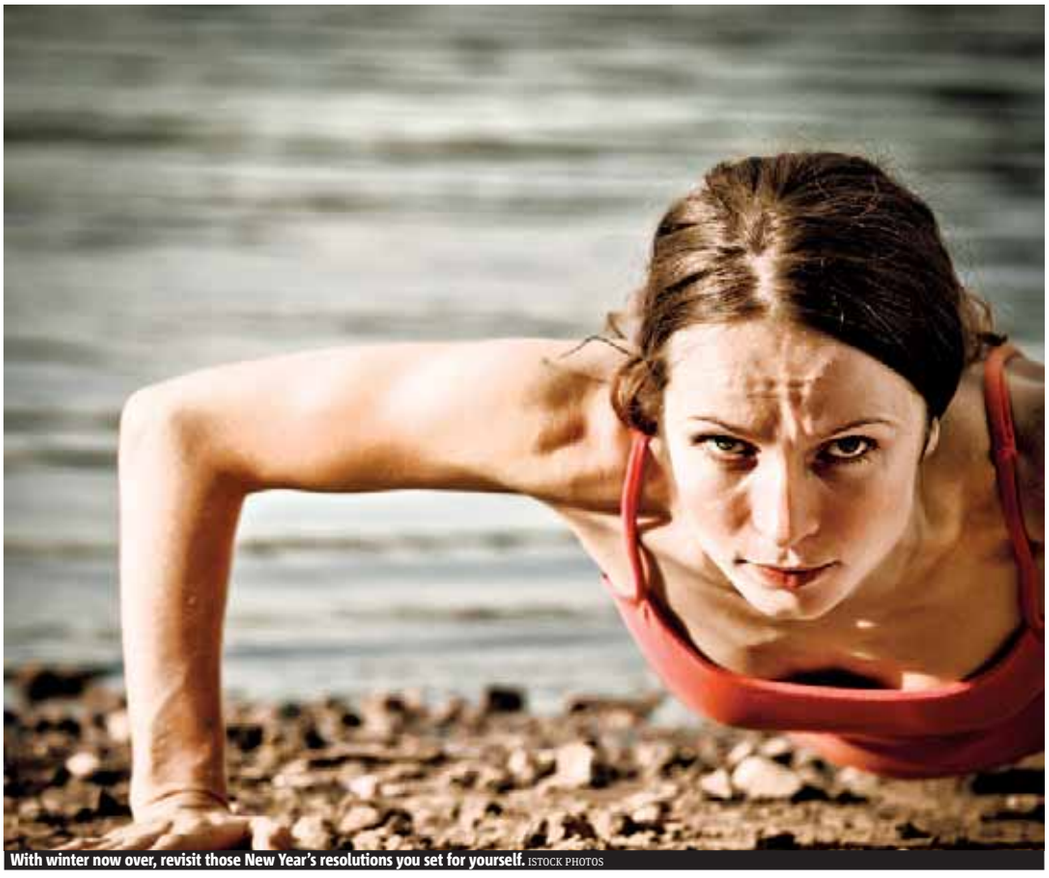

With winter now over, revisit those New Year's resolutions you set for yourself. ISTOCK PHOTOS

Four rules for spring

New season. Spring isn't the time to start slacking off, says trainer David Kirsch, the man responsible for getting Heidi Klum fit

ROMINA MCGUINNESS
wellness@metronews.ca

Want to kick yourself back into shape? Start moving, says trainer David Kirsch.

"Whether you walk, jog or get on a cardio machine, it's all about increasing your expenditure" he tells Metro.

"That and conscientious eating — being aware of what and how much you put into your mouth — are the toughest changes you need to make before anything else."

Dress light, eat right

In the winter we like to fill our bellies with comfort food, favouring starchy carbohydrates, such as white bread and pasta, over fruit and vegetables.

"In the spring you need to lighten your meals in the same way you lighten your clothes," says Kirsch.

"Eat plenty of lean proteins such as chicken, fish or eggs and stock up on green vegetables, grains, and pulses."

Try an egg white omelet for breakfast, a protein packed salad for lunch (no sandwiches), a handful (eight) of almonds in the afternoon, with lean protein with vegetables for dinner. Nothing else. Stick to these guidelines and the weight will start to drop off.

Quote

"In the spring you need to lighten your meals in the same way you lighten your clothes. Eat plenty of lean proteins such as chicken, fish or eggs and stock up on green vegetables, grains and pulses."

David Kirsch, trainer
Talking about shedding pounds.

Set realistic goals

Kirsch believes that the biggest mistake people make is setting themselves unrealistic goals they won't achieve in the long run.

Unless you have a clear sense of where you want to go and how you are going to get there, you won't get any results.

Take whatever issue you have with yourself and turn it into a realistic option.

"Don't look at a magazine and decide you're going to look like Jennifer Lopez or Ryan Gosling in one month. ... You have different bodies, what works for J-Lo may not work for you," he says.

A fitness routine is a bit like a haircut; it needs to suit you. Book a consultation with a health expert to know your measurements and assess your fitness levels.

"Once you have that clear, devise a plan that makes sense to you," says Kirsch.

There are no shortcuts

If you want to reach your optimum weight and fitness level, you need to diet and exercise.

Neither one is truly efficient without the other. You need to be 100 per cent dedicated, not 80 per cent.

"I go crazy when someone tells me they need to lose 20 pounds before they can start working out because they're afraid that the extra weight will turn into bulk," says Kirsch.

The truth is the more lean muscle you have in your body, the more fat you will burn.

Burn even more fat

Spending 45 minutes to one hour alternating between cardio and weights (non-stop) is the most efficient way to burn fat.

"Whether you run, jump or do circuits, aim to get your heart rate up and never allow your pace to drop," says Kirsch.

So are you ready to commit? There's a few months left before summer. Make them count.

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APOTEX ADVANCING GENERICS

Good morning. The workout

This sequence from David Kirsh's Butt Book will help get you ready for spring.

Step 1
Start upright, feet shoulder width distance apart, hands behind your head.
Step 2
Keeping your core engaged, hinge at the waist, keeping your back flat.
Modification
Cross your hands over your chest and bend your knees slightly.
Hinge only partially if you have problems with your lower back. METRO WORLD NEWS

David Kirsch's choice. The interval workout

You already did the hardest move when you got out of bed. Now it's time to burn some calories.

Step 1
Start out on the elliptical machine; most will have a pre set fat burning program so use it. Stay on there for anywhere between 30 to 45 minutes. Workup a sweat, get out of breath and once this starts feeling easy you can move on to the next part.
Step 2
Do two 250-meter sprints on the rowing machine, alternating with five minutes on the gauntlet at level six or seven in between.
Repeat this circuit twice.
METRO WORLD NEWS

Choosing the net over sex

No chocolate? Just what are Americans willing to part with to remain connected to the world wide web

ROMINA MCGUINNESS
wellness@metronews.ca

The Internet: are Americans connected, or addicted?

According to a new survey conducted by the Boston Consultancy Group (BCG), a little bit of both. In order to quantify the extent to which people valued their time spent surfing the web, BCG asked what people would be willing to live without in order to remain connected to the Internet.

A lot apparently: 77 per cent said they'd give up chocolate, 83 per cent fast food, 73 per cent alcohol, 69 per cent coffee and 21 per cent they would forgo sex for an entire year.

"Whilst we found the survey results surprising in terms of what U.S. consumers are willing to give up in order to keep Internet access, what they reveal is how deeply the Internet has engrained itself in daily life in the U.S.," Paul Zwillenberg, partner at The Boston Consultancy Group and co-author of the report, tells Metro.

The Internet attracts 1.6 billion global users daily, a figure expected to rise to 3 billion by 2016. By then, half of the world's population will be online. But what makes Americans click? Access to global search engines such as Google and e-mail as well as online banking and investing were some of the things most valued by Americans.

The Internet economy is the eighth-largest sector in the U.S. and is currently growing at 6.5 per cent a year.

Whereas in the past, things like alcohol, sex and chocolate were immune to changes in the economy, none of them have ever had the power to boost a country in crisis like the Internet.

Paul Zwillenberg HANDOUT

Skin care

Go deeper with skin protection

You know how damaging sun exposure can be to your skin — UVA and UVB rays lead to wrinkles, premature skin aging, brown spots and worse.

Here's the bad news: it looks like UVA/UVB rays are not the real villains.

New research suggests that infrared radiation — specifically IRA — penetrates the skin deeper than UVA and UVB rays, causing free radical damage and diminishing your skin's antioxidant capacity.

Even the best sunscreens only block up to 55 per cent of UV-induced free radicals, and none of the IRA-induced free radicals.

To the rescue: Skinceuticals new Physical Fusion UV Defense SPF 50 ($39), an ultra-sheer, mattifying, broad spectrum sunscreen with translucent colour spheres to enhance your natural skin tone.
METRO WORLD NEWS

Having Trouble Sleeping with Depression?
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Insanely fresh pre-made sandwiches exist — at Sliced

Sliced offers inventive pre-made sandwiches. STEPHANIE DICKINSON

LUNCH RUSH
Stephanie Dickison
life@metronews.ca

Pre-made sandwiches are often gross. But thankfully not at Sliced, where they're insanely fresh.

There's a massive selection of inventive items, but you've got to be quick — I missed the Lobster BLT and Moroccan Chicken sandwich.

An innovative feature is Sliced's half sandwich. Pair it with one of the eatery's salads or Ravi soups, or do as I did and get two different halves to keep you from sandwich ennui.

There isn't much tuna to speak of on my Half Lemony Tuna ($4.75), which isn't lemony at all, but the Full Shrimp & Avocado ($9.75) is simply, nicely composed with watercress and mayo.

The Half Brick Lane Chicken ($4.75) with big juicy cubes of curry chicken blended with sultana raisins, mango, toasted cashews and topped with baby spinach is fantastic. The soft bread can't contain it though — filling spills out everywhere.

Still, pre-made sandwiches just got a serious upgrade.

Visiting the restaurant

Sliced

Address. 650 Bay St. (at Elm)

Phone. 416-971-4000

Website. slicedgourmet.com

Rating. 3.5/5

Reservations. No

Client negotiations. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Tuna Melt Sandwich. A childhood favourite gets a healthy makeover

Ingredients

- 3 tbsp (45 mL) finely chopped red onion
- 2 cups (500 mL) packed baby spinach leaves, chopped
- 5 tbsp (75 mL) light mayo
- 1 can (170 g) wild albacore flaked white tuna in water, drained
- 1/8 tsp (0.5 mL) freshly ground black pepper
- 2 thin multigrain bagels, lightly toasted
- 2/3 cup (150 mL) light triple shredded cheddar cheese

1. In bowl, combine red onion, spinach, mayo, tuna and pepper. Use fork to mash mix until mayo is evenly distributed.

2. Place toasted bagel halves on foil lined baking sheet. Divide tuna mix among bagel halves. Top evenly with cheese.

3. Bake in centre of 425 F (220 C) oven 5 mins. or until cheese is melted. Turn broiler to High and broil 3 mins. or until cheese is bubbling and starting to brown. NEWS CANADA/ PRESIDENT'S CHOICE/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOK.CA)

Chicken and potato hand pies burst with spicy Indian flavours

The trend of Indian food continues to heat up, and these spiced chicken and potato hand pies will be a show stopper as a snack, appetizer or main dish.

If you serve these hand pies for lunch or even dinner, simply add a side salad to complete the meal.

Serve them with mango chutney, tamarind sauce or raita (traditional yogurt and cucumber dip). You can also use hot curry paste for a spicier taste.

Ingredients

- 2 frozen deep-dish pie shells
- 5 ml (1 tsp) olive oil
- 30 m (2 tbsp) grated onion
- 5 ml (1 tsp) minced garlic
- 75 ml (1/3 cup) grated Yukon potato
- 7 ml (1 1/2 tsp) mild curry paste
- 50 ml (1/4 cup) frozen peas
- 45 ml (3 tbsp) water
- 75 ml (5 tbsp) 2 per cent plain yogurt
- 125 ml (1/2 cup) cooked and sliced chicken breasts or left over chicken chopped into 5-mm (1/4-inch) dice
- Salt and pepper, to taste
- 1 egg, beaten

1. Heat the oven to 200 C (400 F).

2. Remove the pie shells from the freezer and let them thaw at room temperature for about 10 to 15 minutes.

3. In a small saucepan, heat the olive oil over medium-high. Add the grated onion, minced garlic and grated potato, and sauté for about 3 minutes. Add the curry paste and continue to sauté until the potato starts to cook. Add the peas and water and cook everything for about 3 more minutes or until the water is almost gone. Remove the saucepan from the heat and set it aside to cool.

4. Remove the deep-dish pie shells from their foil and gently flatten them onto clean, flat, lightly floured work surface. If cracks appear in the pastry, press it together and repair it using fingers moistened with water. Cut each pie shell into 4 equal quarters.

5. Combine the potato mixture with plain yogurt, diced chicken, salt and pepper.

6. Divide the curry mixture evenly, about 15 ml (1 heaping tbsp) per pie. Mound the mixture in a strip lengthwise down the middle of the triangle, making sure to leave a 5-mm (1/4-inch) edge.

7. Brush the beaten egg around the filling on the edges of the pastry. Fold the pastry lengthwise over the top of the filling, creating a narrower triangle. Gently press the edges together and crimp them using a fork.

8. Bake the Indian Hand Pies for about 12 to 15 minutes or until the pastry is a nice golden colour. Let the pies rest for 10 minutes before serving them with mango chutney, tamarind sauce or raita.

THE CANADIAN PRESS/ TENDERFLAKE

Indian Hand Pies

This recipe serves four. THE CANADIAN PRESS H/O

Conquer savings paralysis by being a 1% superhero

Baby steps. Why not give yourself a raise? Increase your savings by a little bit each year until you reach your goal.

YOUR MONEY
Alison Griffiths
money@metronews.ca

Is your savings plan a one step forward, two steps back exercise? Do you make tons of excellent resolutions, only to do a financial face-plant when temptation beckons? Or perhaps you get distracted by job, family, life and never manage to keep track so you really don't know where you are.

If you fit into one or more of these scenarios, a rescue by Superhero/ine 1% is in order. Yes, such a character exists — in fact, Marvel Comics has been beating down my door for the rights.

But while I'm waiting on millions in royalties, let's put Superhero/ine 1% to work for you.

Say you earn $50,000 and are saving three per cent of your income ($1,500) annually by contributing to an RRSP, TFSA or a savings account.

Ten per cent is usually the gold standard for savings. But getting to 10 per cent from three is like trying to lose 25 pounds in a couple of weeks. Maybe you can do it, but maintain it? Tougher.

If you stick with the current savings rate and manage a four per cent return over the next 10 years, you'll have just over $18,500 tucked away. I'm also adding in a salary boost of two per cent annually and assuming inflation is three per cent.

Now, take the hand of Superhero/ine 1% and increase your savings rate from three to four per cent annually ($2,000). After 10 years you'd have more than $24,600 squirrelled away. If this money is contributed to an RRSP, the net gain will actually be higher as your taxable income will be reduced.

Here's where Superhero/ine 1% really produces magic. If you can increase your savings by a single percentage point every year you'd have $52,300 in hand.

Granted, at the end of 10 years your savings rate would be 13 per cent of income. To many that's too big a leap. Not only that, you might be saying, "In your dreams!" when looking at my salary increase projection of two per cent annually.

My point is that by increasing your savings a small amount annually or until you reach a specific goal — say 10 per cent of income — you can conquer savings paralysis.

And it's all thanks to Superhero/ine 1%. You can play with your own figures with The New York Times' The 1% more saving calculator. (Visit nytimes.com and go to the Your Money section. From there, search for "The 1% more calculator.")

Alison's money rule

"Wealth will be in your future just by increasing savings by a small percentage annually."

How much are we saving?

- **Nest eggs.** 2.3% of gross income (or 4.9% of after-tax income) is the average Canadian savings rate.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

As your earn more, make sure to save more. ISTOCK

Advice

Don't deal with a dog

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear Sisters,
I'm a freelancer and often work from cafes around town, where I meet interesting people. Lately I've been chatting with a guy who has made it clear he's interested — always making eye contact, asking what I do, offering to share food with me, and generally showing interest in me. He's cute — or he was until he happened to mention that he's in a relationship. What's up with the mixed signals?
Confused but caffeinated!

Relationship or not, some guys just like to flirt. ISTOCK

Andrea: Dear CC,
It's pretty obvious that this guy is a dog. He sees something shiny, shakes his tail and wants to play fetch. But, as cute as he may be, it'd be rude to kidnap someone else's puppy, now wouldn't it? Thankfully the blood did eventually flow back to his brain when he mentioned his relationship.

The way things were going, it sounds like you dodged a bullet there. The fact that he's still flirting with you though, does mean that he and/or his relationship has issues. He may see you as a great distraction, or a valid option to avoid loneliness should he break things off ... or he may see you as flirtatious fun. Either way, you don't need to get into this mess.

Claire: Dear CC,
What's that saying: You can window shop, you just can't buy. Maybe he's window shopping his brains out, flirting via muffins and other baked goods because it makes his day a little more fun. I'm trying to put myself in his shoes — I think we've all done this at some point — enjoyed our attraction to someone all the more because it doesn't have to go anywhere. I know for a fact that I was a much better flirt when I was married, because I felt safe and strong.

And yes, it might indicate that his relationship isn't in great shape, but that's not for you to worry about.

You may need to file a U.S. tax return

If you're a U.S. citizen or Green Card holder residing in Canada, the IRS requires you to file a U.S. tax return even if you didn't earn any U.S. income.

We can help you determine whether you're required to file or not.
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An inbox 'delete' makes a spring-clean complete

Computer cleanup. You've dusted the mantle, you've arranged your undies by colour, but what you may be neglecting is that overloaded inbox on your screen

JULIA WEST
Metro World News in Philadelphia

How much of your valuable time is being spent deleting pesky 'upcoming sale' alerts? Unsubscribe! ISTOCK

Spring cleaning isn't reserved for closets and cubicles — it's also a good idea to make some sense out of that overflowing email inbox.

Alexandra Kirsch, director of MC Interactive, relates a clean inbox to a better work environment — and better workers.

"Doing a little spring email inbox cleaning can be helpful to create a healthier workplace mind-set," she says.

"It's never comforting to come to the office with a box full of messages, even if they've already been read."

Ease into this daunting task by starting with the obvious problems.

"Go through your inbox and unsubscribe from companies who send a lot of email that you never read," suggests OtherInbox founder Joshua Baer. "Also, go through your Facebook settings to reduce the number of email notifications it sends you."

Five years ago, Marsha Egan founded International Clean Out Your Inbox Week (it takes place in mid-January).

She runs consulting company InboxDetox, which offers services for both individuals and companies who want to increase efficiency.

"Email messages have become the world's most prolific interrupters," she says. "And interruptions are costly.

The time it takes to recover from every interruption saps productivity from each of us."

Inbox overflow

"Doing a little spring email inbox cleaning can be helpful to create a healthier workplace mind-set. It's never comforting to come to the office with a box full of messages, even if they've already been read."

Alexandra Kirsch, director of MC Interactive.

Analysis

Don't delay!

Some experts suggest you tidy up once a month, while others say it should be done every time you open your email. Find a schedule that works for you and stick to it so your inbox will be a cleaner, happier place.

Workplace Law

WORKPLACE LAW
Daniel Lublin
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Twitter: @danlublin

Will your password be protected in Canada?

Must you turn over your Facebook password to a potential employer? This hot topic will be the question faced by Canadian employees as this practice gains popularity in the United States and is taking a foothold here.

For starters, employers have for some time been reviewing potential employees' Facebook profiles to glean information about their behaviour. No surprise there since pictures do not lie, but people do. There is only so much that can be learned during an interview and from personal references that are seldom impartial. However, online profiles often reveal very genuine information about an individual's behaviour and predispositions, and can be linked to what type of employee they will ultimately become.

The practice of reviewing Facebook accounts, however widespread, is not illegal. There are no laws limiting an employer from considering only the information that a candidate provides and, if certain information is posted online, it is considered open season. The only limitation is human rights statutes, which provide that employers cannot make hiring decisions based on prohibited grounds, such as age, religion or sexual orientation. However, demonstrating discrimination during a job interview is nearly impossible to prove and outside of the specific grounds delineated in human rights codes, other very personal information receives absolutely no protection. Employers can decline applicants because they just don't like them and if that impression is developed from reviewing their Facebook profile, it is not illegal.

But how about demanding a candidate's Facebook login information? The story in last week's news about the would-be police officer who was told to hand over his log information caused many to label this practice as illegal. However, there is no law preventing it, regardless of how inappropriate it may seem.

Both Facebook itself and the Ontario Human Rights Commission posted a statement cautioning employers from using this practice, since it may be used to indirectly obtain discriminatory information. But their position has no legal weight and employers can too easily point to other reasons why an individual was not hired.

While demanding login information may not be illegal, it will still cause a public outcry. So what should job applicants faced with this issue do? Similar to how Facebook is now being used to track down social miscreants, such as the G20 protests, it can be used to pillory employers who engage in this practice. I will not be surprised when this happens.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

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Out there on the job hunt? Pick a position with staying power

Job security. Walk confidently into a career without the worry that your role could eventually become obsolete

TIFFANY KANG
Metro World News in Boston

Aside from the day-to-day stress of workplace disputes and deadlines, many employees in today's economy have more long-term career worries.

In 150 Best Jobs for a Secure Future, occupational expert Laurence Shatkin provides insight from a variety of perspectives including pay, growth, openings, personality and even job-seeker age.

Topping his list is health care, an industry "that people choose not to forgo even when they might not be able to pay for other kinds of luxuries," says Shatkin.

"In turn, workers in health care can have assurance — and it continues to be an ever-expanding field."

Runners-up on Shatkin's list include computer systems design, educational services, government, repair and maintenance and utilities.

Why the security? It all comes down to necessity. "It's very hard for downturns in the economy to have any effect on the overall outlook in these fields, and they tend to shed fewer workers," the author says.

Long-term labour

"[Health care] is an industry that people choose not to forgo even when they might not be able to pay for other kinds of luxuries. In turn, workers in health care can have assurance — and it continues to be an ever-expanding field."

Laurence Shatkin, author of 150 Best Jobs for a Secure Future

As for those industries still thrashing in the clutch of an invisible hand, Shatkin reminds us that "no two recessions are exactly the same, so while some areas are really hurt, others are untouched."

Shatkin observes the importance of research and biotechnology.

"Pharmaceuticals... have a lot of stability and growth," he says.

Even if you're not looking to become a pharmacist, being highly skilled in your chosen field will always translate into increased stability.

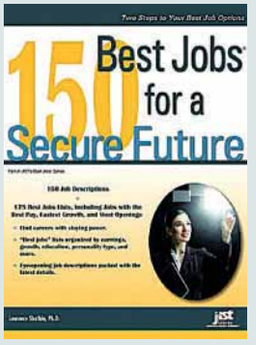
"Work on increasing your skills in your profession of choice, because though there are a lot of job openings in low-skill industries, their turnover is high," says Shatkin.

"Real opportunity is in jobs for high-skilled workers."

The golden career rule

While his book is about secure industries, Shatkin doesn't actually recommend that you head to med school.

- "You have to give a lot of thought to what you're good at, what makes your day and where your greatest successes have been — rather than just looking at the money or for what seems to be immediately connected to what you studied," he says.



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4

SPORTS

Final Four

Vegas gives the odds to Wildcats

Sin City casinos are sticking with Kentucky and Ohio State as Final Four favourites and still think the Wildcats have by far the best shot of winning the NCAA title. Odds put out by Nevada casinos after the matchups were set show they think Kentucky — the No. 1 seed overall in the tournament — has a 52 per cent shot at the title despite needing to win two more games, gambling expert RJ Bell of pregame.com told The Associated Press. Casinos believe Ohio State has a 25 per cent chance, Kansas a 15 per cent chance and Louisville an eight per cent chance, Bell said. Kentucky meets Louisville and Kansas plays Ohio State on Saturday.

THE ASSOCIATED PRESS

Leafs preview

Carolina at Toronto 7 p.m. (Sportsnet Ontario)

The Maple Leafs (33-34-9) host Carolina (30-31-15), which has lost its last two games. The Hurricanes allowed four straight goals in a 5-4 loss to Detroit on Saturday. Jiri Tlusty scored twice for Carolina. The former Maple Leaf has 17 goals and 36 points this season, both career-highs. Eric Staal has four goals and eight points in his last five games. Cam Ward has allowed five goals in each of his last two starts.

THE CANADIAN PRESS

Canadian goalkeeper Michal Misiewicz gives up the game-tying goal against Cuba Monday night in Nashville, Tenn. FREDERICK BREEDON/GETTY IMAGES

Canada stunned in injury time

Soccer. Cuba scores in 91st minute and ties Canada in CONCACAF Olympic qualifier

Monday's game

Canada	Cuba
1	1

Canada moved on to the semifinals but missed out on a chance to clinch first place in its group at the CONCACAF men's soccer Olympic qualifying tournament.

Evan James scored for Canada, which gave up a late goal to Cuba in a 1-1 draw on Monday.

Lucas Cavallini charged the Cuban goal then passed back to James, who fired a low shot to the far corner that gave Canada the lead in the 24th minute.

But Maykel Reyes tied the game in injury time after heading in a ball on a free kick past Canadian keeper Michal Misiewicz.

Russell Teibert nearly made it 2-0 on a free kick in the 70th minute, but Cuban goalkeeper Odisnel Cooper stretched to tip the ball over the net.

Canada entered the game in prime position to win Group A after a stunning 2-0 upset of the United States on Saturday.

Now Canada will move on to the semifinals in Kansas City. The two tournament finalists qualify for the London Games.

The final group positions were still to be decided with the U.S. and El Salvador also in action. A U.S. win will give the Americans top spot in Group A, meaning a less favourable semifinal matchup for Canada.

THE CANADIAN PRESS

Steve Weatherford punts for the New York Giants in January.

NICK LAHAM/GETTY IMAGES FILE

NFL. Kickoff rule helps reduce concussions: League

Moving kickoffs up five yards last season did exactly what the NFL sought, reducing concussions.

"The kickoff rule had an effect on the game," said Rich McKay, chairman of the league's competition committee. "There was a 40 per cent reduction in concussions on that play."

The league repeatedly has said the change to kicking off from the 35-yard line was done solely for player safety. McKay said Monday at the owners' meetings in Palm Beach, Fla., it served that purpose. But he admitted surprise that total kickoff returns dropped 53 per cent.

For all plays, concussions were down 12.5 per cent, from 218 in 321 games in 2010 to 190 in 320 games last season.

Owners will vote this week to enhance player safety by outlawing horse-collar tackles on passers in the pocket, a proposal made by the Pittsburgh Steelers.

THE ASSOCIATED PRESS

Blue Jays

McGowan signs extension

Pitcher Dustin McGowan has signed a two-year contract extension with the Toronto Blue Jays, the club announced Monday.

The deal pays him $1.5 million US per season in 2013 and 2014 with a club option for 2015 worth $4 million.

He signed a one-year deal in December for $600,000.

The oft-injured 30-year-old missed the 2009 and 2010 seasons and most of 2011 due to shoulder operations. McGowan pulled himself out of a game over the weekend with what was diagnosed as plantar fasciitis. He is currently listed as day-to-day. THE CANADIAN PRESS

NHL

Daniel Sedin

DARRYL DYCK/THE CANADIAN PRESS FILE

Canucks confirm Sedin is concussed

Vancouver Canucks coach Alain Vigneault said Monday that winger Daniel Sedin has a concussion.

But the team stayed mum on Sedin's condition, or possible return before the playoffs.

"He's got a concussion, and when we have something more to say, we'll say it," said Vigneault. "We're just going to follow the (concussion) protocol, and when we have more, we'll share it with you."

THE CANADIAN PRESS

Soccer

'Encouraging progress' for Bolton's Muamba

Bolton midfielder Fabrice Muamba is eating again and has been able to leave his bed as he maintains "encouraging progress" in his remarkable recovery from a mid-game cardiac arrest March 17.

A joint statement from Bolton and the London Chest Hospital on Monday says Muamba remains in intensive care "where his condition is serious but stable." THE ASSOCIATED PRESS

Raptors bedazzled by the Magic

NBA. Young club comes out flat vs. Orlando after pair of strong showings

Monday's game

Magic	Raptors
117	101

This is a confounding lot, this group of Raptors is, and no one is more mystified today than coach Dwane Casey.

He may have thought his team had turned some imaginary corner with a couple of impressive outings, only to discover Monday night that old, bad habits are not gone.

As good as the Raptors were in games against the New York Knicks and Chicago Bulls on the weekend, they were bad against the Orlando Magic, getting drilled 117-101 in one of their more non-competitive nights of the season.

But Casey would only mildly chastise his squad for what transpired.

"We came out as flat as a pancake against one of the top teams in the league and it's disappointing," he said after the Magic had dominated for all but about a four-minute stretch bridging the first and second quarters.

"As well as we played against New York and Chicago — we had some momentum going — we came out with a lack of whatever. It's disappointing that we take a step back like that and play that way."

The Raptors were bad in every facet of the game.

It had been hammered home to them all day that the Magic were, in Casey's word, "lethal" when they make more than nine three-pointers in a game as a team; somehow the Raptors let Ryan Anderson make eight on his own.

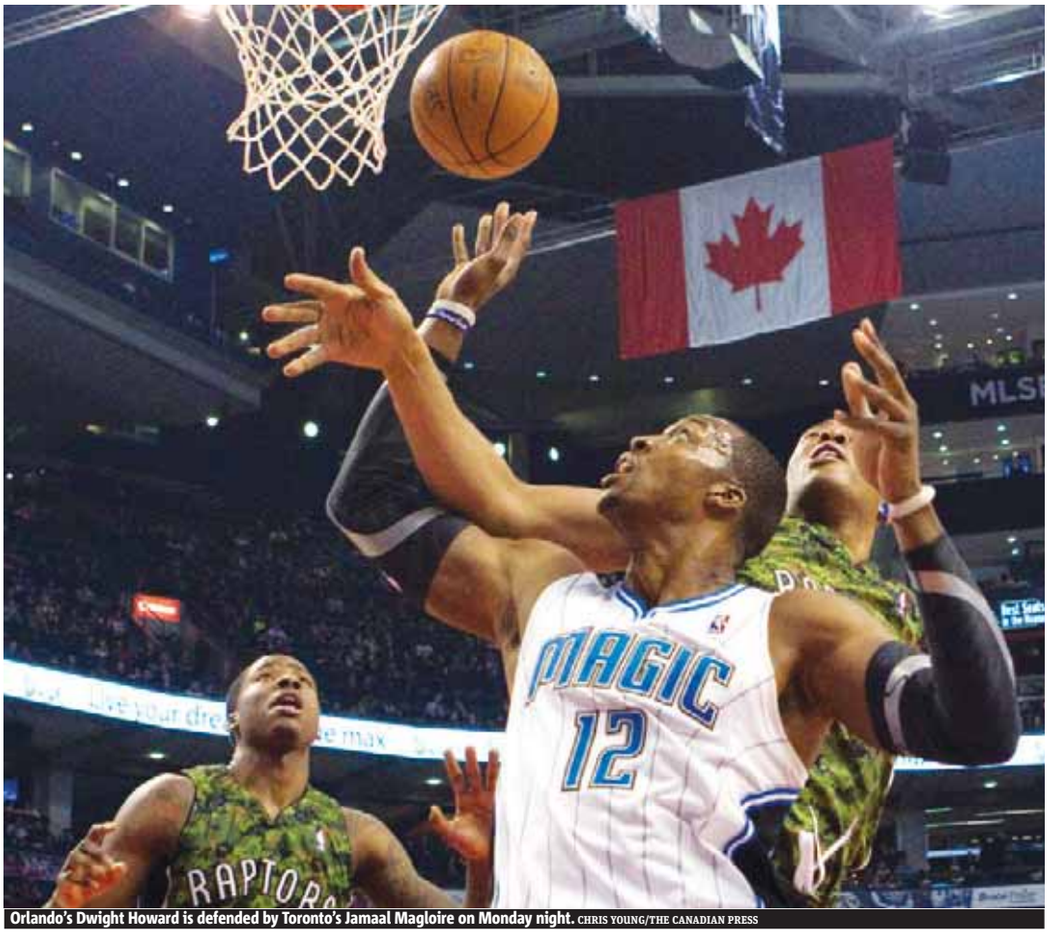
They knew they couldn't afford to play fast and loose with basketball because Orlando loves to shoot threes in transition and Toronto coughed the ball up six times in the first five minutes and had 12 turnovers on the night.

"You have to take this one just as a bad one but it's frustrating a bit because we've been playing pretty good," said Jose Calderon. "We showed that we can compete against anybody and today it was bad from the beginning, I don't know what happened."

The Magic, who were led by 28 points from Anderson and 23 from Dwight Howard, pretty much toyed with Toronto after taking a huge early advantage.

No one played particularly well for the short-staffed Raptors, who were once again without DeMar DeRozan (ankle) and who lost Jerryd Bayless to more hip pain at halftime.

TORSTAR NEWS SERVICE



Orlando's Dwight Howard is defended by Toronto's Jamaal Magloire on Monday night. CHRIS YOUNG/THE CANADIAN PRESS

Carlyle pushing till the end of Leafs' lost season

Randy Carlyle isn't letting the Toronto Maple Leafs simply play out the string.

A little more than three weeks after being hired as coach, Carlyle continues to put his players through gruelling practices that include plenty of teaching. The season is winding down and the playoffs have slipped from view, but Carlyle is determined to make the most of what little time he has left with the group this year.

"We're about the now and what's coming because we can't change what's happened," Carlyle said Monday.

Quoted

"You're playing for each other in this room. Just the overall atmosphere is a lot better when you win."

Leafs defenceman Luke Schenn on trying to finish the season's final six games on a high note.

The Leafs have gone 4-6-2 since Carlyle replaced Ron Wilson on March 2. They need to avoid losing in regulation to the Carolina Hurricanes on Tuesday night to keep from being mathematically eliminated from playoff contention in the Eastern Conference.

But it's been clear for a couple weeks that yet another season was heading in that direction.

Carlyle's focus continues to be on the way the Leafs play in their own zone.

"It's just a bit more of a patient-type system I guess," said defenceman Cody Franson. "When we get possession of (the puck), we don't necessarily want to try and fly the zone as much as maybe we were before."

The results have been mixed thus far. Toronto has allowed three or more goals in seven of the 12 games under Carlyle, including the last four in a row.

The Leafs spent about 90 minutes on the ice at their practice facility Monday. At one point, goaltending consultant Francois Allaire found himself pushing mounds of snow against the boards with a shovel as players chewed up the ice skating laps. THE CANADIAN PRESS

Leafs coach Randy Carlyle reacts during last week's loss to the Islanders.
CHRIS YOUNG/THE CANADIAN PRESS FILE

MMA

Toronto record in jeopardy at UFC 147

The UFC will look to break its Toronto attendance record of 55,000-plus when it hosts UFC 147 at Joao Havelange Stadium in Rio de Janeiro on June 23.

The UFC 147 main event is a rematch between middleweight champion Anderson Silva and trash-talking American Chael Sonnen.

In announcing a trio of Canadian shows, UFC president Dana White told a news conference in Calgary last week that he expected the Brazilian show, the UFC's first at an outdoor sports stadium, will attract a crowd of 80,000-plus.

THE CANADIAN PRESS

Tennis

Serena survives rival Stosur

Serena Williams rallied from a break down in both sets Monday to beat Sam Stosur 7-5, 6-3 and advance to the quarter-finals of the Sony Ericsson Open. Williams matched a career high of 20 aces in the match. THE ASSOCIATED PRESS

NBA

"You don't wish it on any player, especially Amare."

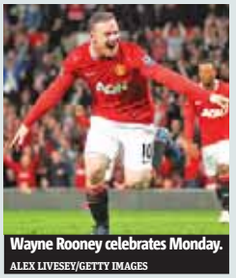
New York interim coach Mike Woodson on Amare Stoudemire, pictured, who has a bulging disc in his back and is out indefinitely, a damaging blow to the Knicks with a month left in the regular season.

Premier League

Rooney provides offence for United

Wayne Rooney sent Manchester United three points clear in the Premier League on Monday, scoring a first-half goal in a 1-0 victory over Fulham to earn the reigning champions their sixth straight league win.

THE ASSOCIATED PRESS


Wayne Rooney celebrates Monday.
ALEX LIVESEY/GETTY IMAGES

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	75	47	21	2	5	206	168	101	26-10-0-2	21-11-2-3	5-5-0-0	W1
d-Boston	75	44	28	1	2	244	184	91	22-13-1-1	22-15-0-1	5-5-0-0	W2
d-Florida	75	36	24	5	10	186	206	87	20-9-1-9	16-15-4-1	5-2-0-3	L3
x-Pittsburgh	75	47	22	3	3	253	195	100	27-8-2-0	20-14-1-3	8-1-1-0	W1
x-Philadelphia	76	44	24	2	6	241	213	96	21-12-1-4	23-12-1-2	6-3-0-1	L1
New Jersey	76	42	28	2	4	206	200	90	20-13-0-4	22-15-2-0	5-4-0-1	L2
Ottawa	76	38	28	6	4	230	223	86	20-15-2-2	18-13-4-2	4-4-0-2	W1
Washington	76	38	30	4	4	205	214	84	24-10-2-2	14-20-2-2	6-2-1-1	W1
Buffalo	76	37	29	4	6	197	209	84	20-11-3-5	17-18-1-1	7-1-0-2	W4
Winnipeg	75	35	32	4	4	201	217	78	23-11-1-3	12-21-3-1	5-5-0-0	L1
Tampa Bay	75	35	33	4	3	214	255	77	23-14-1-1	12-19-3-2	4-5-1-0	W3
Carolina	76	30	31	9	6	202	228	75	19-13-1-5	11-18-8-1	5-4-1-0	L2
Toronto	76	33	34	4	5	217	239	75	16-14-3-4	17-20-1-1	3-5-0-2	L1
NY Islanders	75	31	33	7	4	180	224	73	15-16-5-1	16-17-3-2	5-3-1-1	W1
Montreal	76	29	34	4	9	197	211	71	14-15-2-7	15-19-2-2	4-3-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	76	47	20	1	8	196	147	103	29-4-1-3	18-16-0-5	6-2-0-2	W1
y-Vancouver	75	45	21	2	7	229	187	99	21-10-0-4	24-11-3-2	4-5-1-0	W2
d-Dallas	75	41	29	1	4	198	197	87	22-14-0-3	19-15-1-1	7-3-0-0	W1
Detroit	76	46	25	3	2	237	187	97	30-5-1-1	16-20-2-1	3-5-2-0	W2
Nashville	76	44	24	3	5	219	199	96	24-9-2-3	20-15-1-2	6-3-0-1	W2
Chicago	76	42	26	4	4	230	220	92	26-8-1-4	16-18-3-0	7-2-0-1	L1
Phoenix	77	37	27	3	10	200	202	87	19-13-2-4	18-14-1-6	4-2-0-4	L2
Los Angeles	75	37	26	5	7	175	164	86	21-14-0-4	16-12-5-3	7-3-0-0	L1
San Jose	75	38	27	5	5	205	195	86	23-12-2-1	15-15-3-4	5-3-1-1	W2
Colorado	77	40	31	4	2	200	202	86	22-15-1-1	18-16-3-1	6-2-1-1	L2
Calgary	76	34	27	6	9	186	208	83	20-10-1-5	14-17-5-4	5-1-2-2	L5
Anaheim	76	32	33	5	6	191	212	75	20-17-2-0	12-16-3-6	4-5-1-0	L1
Minnesota	75	31	34	2	8	159	207	72	17-15-1-3	14-19-1-5	3-7-0-0	L2
Edmonton	76	31	36	3	6	206	223	71	18-15-2-3	13-21-1-3	5-2-1-2	W2
Columbus	76	24	45	2	5	177	250	55	14-21-1-2	10-24-1-3	3-7-0-0	L2

x — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Detroit 7 Columbus 2
Tampa Bay 5 Philadelphia 3
Ottawa at Winnipeg
Dallas at Calgary
Los Angeles at Vancouver
Colorado at San Jose
Sunday's results
Edmonton 6 Columbus 3
Washington 3 Minnesota 0
N.Y. Islanders 3 Florida 2 (SO)
Pittsburgh 5 New Jersey 2
Nashville 6 Chicago 1
Boston 3 Anaheim 2
St. Louis 4 Phoenix 0
Tonight's games
Carolina at Toronto, 7 p.m.
Chicago at New Jersey, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Buffalo at Washington, 7 p.m.
Tampa Bay at Boston, 7:30 p.m.
Florida at Montreal, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
N.Y. Rangers at Minnesota, 8 p.m.
Tomorrow's games
N.Y. Rangers at Winnipeg, 7 p.m.
Detroit at Columbus, 7:30 p.m.
Los Angeles at Calgary, 9 p.m.
Dallas at Edmonton, 9:30 p.m.
Colorado at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.
Thursday's games
Washington at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Pittsburgh at N.Y. Islanders, 7 p.m.
Florida at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
San Jose at Phoenix, 10 p.m.

SUNDAY

OILERS 6, BLUE JACKETS 3

First Period
1. Columbus, Letestu 10 (A.Johnson) 16:46
Penalties — Smyth Edm (high-sticking) 2:13, Nash Clb (boarding) 4:08, Gagner Edm (tripping) 10:28.
Second Period
2. Edmonton, Jones 17 (Whitney, Nugent-Hopkins) 3:40
3. Columbus, Nash 26, 7:42
4. Edmonton, VandeVelde 1 (Eberle, Petry) 11:40
5. Edmonton, Smid 5 (Nugent-Hopkins, Jones) 14:28
6. Edmonton, Eager 8, 16:00
7. Edmonton, Gagner 17 (Eberle, Whitney) 19:29 (pp)
Penalties — Nikitin Clb (hooking) 1:36, Belanger Edm, Boyce Clb (slashing) 9:39, A.Johnson Clb (cross-checking) 18:10.
Third Period
8. Columbus, Brassard 13 (Umberger, Nash) 14:22 (pp)
9. Edmonton, Belanger 4 (Jones, Smid) 18:10 (en-sh)
Penalties — VandeVelde Edm, Dorsett Clb (roughing) 1:31, Hemsky Edm (hooking) 1:44, Potter Edm (tripping) 3:48, Gillies Clb (high-sticking) 10:37, Hartikainen Edm (delay of game) 13:28, Eager Edm (slashing) 17:52.
Shots on goal by

Edmonton	13	13	12	38
Columbus	11	7	14	32

Goal (shots-saves) — Edmonton: Dubnyk (W,19-17-2); Columbus: Mason (L,14-25-3)(26-21), York (start third)(11-11). **Power plays (goals-chances)** — Edmonton: 1-4; Columbus: 1-6.
Att. — 12,295 (18,144) at Columbus, Ohio.

SCORING LEADERS

	G	A	Pt
Malkin, Pgh	46	51	97
Stamkos, TB	52	35	87
Giroux, Pha	27	59	86
Spezza, Ott	31	47	78
Kessel, Tor	36	41	77
Neal, Pgh	35	41	76
Kovalchuk, NJ	32	43	75
Tavares, NYI	31	44	75
Hossa, Chi	29	45	74
Eberle, Edm	32	41	73
Karlsson, Ott	19	54	73
H.Sedin, Vcr	13	60	73
Ra.Whitney, Phx	23	48	71
Thornton, SJ	16	55	71
Elias, NJ	25	45	70
Gaborik, NYR	37	31	68
Eriksson, Dal	26	42	68
E.Staal, Car	23	45	68
D.Sedin, Vcr	30	37	67
Pominville, Buf	28	39	67
Lupul, Tor	25	42	67
St. Louis, TB	23	43	66
Kopitar, LA	24	41	65
Parenteau, NYI	16	49	65
Hartnell, Pha	35	29	64
Moulson, NYI	34	30	64
Parise, NJ	30	34	64
Sharp, Chi	30	34	64
Selanne, Ana	24	39	63
Iginla, Cal	31	31	62
Filppula, Det	23	39	62
Zetterberg, Det	21	41	62
Ovechkin, Wash	36	25	61
Seguin, Bos	26	34	60
P.Kane, Chi	20	40	60
Datsyuk, Det	17	43	60
Wheeler, Wpg	17	43	60
Marleau, SJ	28	31	59
Benn, Dal	24	35	59
B.Richards, NYR	24	35	59
Purcell, TB	20	39	59
Ryder, Dal	33	25	58
Couture, SJ	30	28	58
Pacioretty, Mtl	30	28	58
O.Jokinen, Cal	21	37	58
Ribeiro, Dal	16	42	58
Perry, Ana	35	22	57
Toews, Chi	29	28	57
P.Bergeron, Bos	20	37	57
Erat, Nash	18	39	57
Desharnais, Mtl	16	41	57
Michalek, Ott	33	23	56
Vrbata, Phx	30	26	56
Fleischmann, Fla	24	32	56
Cole, Mtl	30	25	55
Lucic, Bos	24	31	55
Vanek, Buf	24	31	55
Weiss, Fla	19	36	55
Pavelski, SJ	27	27	54
Alfredsson, Ott	24	30	54
O'Reilly, Col	18	36	54
Getzlaf, Ana	9	45	54
Hall, Edm	27	26	53
Franzen, Det	26	27	53
Kunitz, Pgh	23	30	53
Krejci, Bos	20	33	53
J.Williams, LA	18	35	53
E.Kane, Wpg	28	23	51
Callahan, NYR	27	24	51
Backes, StL	23	28	51
Stastny, Col	20	31	51
Ryan, Ana	27	23	50
Nash, Clb	26	24	50
Dupuis, Pgh	23	27	50
Oshie, StL	18	32	50
Marchand, Bos	25	24	49
Fisher, Nash	24	25	49
Grabovski, Tor	22	27	49
Versteeg, Fla	22	27	49
Jagr, Pha	18	31	49
Legwand, Nash	18	31	49
Nugent-Hopkins, Edm	18	31	49

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	40	11	.784	—
d-Miami	35	13	.729	3½
Orlando	32	18	.640	7½
d-Philadelphia	27	22	.551	12
Indiana	29	19	.604	9½
Atlanta	30	20	.600	9½
Boston	27	22	.551	12
New York	25	25	.500	14½
Milwaukee	22	27	.449	17
Cleveland	17	29	.370	20½
Detroit	17	32	.347	22
Toronto	16	34	.320	23½
New Jersey	16	35	.314	24
Washington	11	38	.224	28
Charlotte	7	40	.149	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	37	12	.755	—
d-San Antonio	33	14	.702	3
d-L.A. Lakers	30	19	.612	7
L.A. Clippers	27	21	.563	9½
Dallas	28	22	.560	9½
Memphis	26	21	.553	10
Utah	27	23	.540	10½
Denver	27	23	.540	10½
Houston	26	23	.531	11
Phoenix	25	24	.510	12
Minnesota	24	26	.480	13½
Portland	23	26	.469	14
Golden State	20	27	.426	16
Sacramento	17	31	.354	19½
New Orleans	12	36	.250	24½

d-division leader
x-clinched playoff spot
Last night's results
Boston 102, Charlotte 95
Indiana 105, Miami 90
Orlando 117, Toronto 101
Detroit 79, Washington 77
Utah 105, New Jersey 84
New York 89, Milwaukee 80
Denver 108, Chicago 91
Sacramento at Houston
New Orleans at L.A. Clippers
Tonight's games
Cleveland at Philadelphia, 7 p.m.
Minnesota at Memphis, 8 p.m.
Atlanta at Milwaukee, 8 p.m.
Houston at Dallas, 8:30 p.m.
Oklahoma City at Portland, 10 p.m.
San Antonio at Phoenix, 10 p.m.
L.A. Lakers at Golden State, 10:30 p.m.

GOLF

WORLD RANKING

Through March 25

1. Luke Donald	Eng	9.87
2. Rory McIlroy	NIr	9.72
3. Lee Westwood	Eng	8.02
4. Martin Kaymer	Ger	5.76
5. Steve Stricker	USA	5.71
6. Tiger Woods	USA	5.59
7. Charl Schwartzel	SAf	5.17
8. Justin Rose	Eng	5.13
9. Webb Simpson	USA	5.10
10. Adam Scott	Aus	4.96
11. Jason Day	Aus	4.95
12. Dustin Johnson	USA	4.91
13. Graeme McDowell	NIr	4.90
14. Hunter Mahan	USA	4.86
15. Phil Mickelson	USA	4.68
16. Bill Haas	USA	4.56
17. Matt Kuchar	USA	4.55
18. Bubba Watson	USA	4.54
19. Nick Watney	USA	4.18
20. Keegan Bradley	USA	4.11

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Toronto	19	4	.826
Detroit	15	4	.789
Oakland	14	5	.737
Los Angeles	14	9	.609
Seattle	12	8	.600
New York	13	9	.591
Kansas City	13	11	.542
Baltimore	10	9	.526
Boston	11	10	.524
Minnesota	13	12	.520
Chicago	10	13	.435
Tampa Bay	7	14	.333
Cleveland	6	15	.286
Texas	6	16	.273

NATIONAL LEAGUE

	W	L	Pct
St. Louis	13	7	.650
Los Angeles	12	8	.600
San Francisco	14	10	.583
San Diego	15	11	.577
Colorado	13	10	.565
Houston	11	12	.478
Chicago	12	14	.462
Milwaukee	10	12	.455
Miami	8	10	.444
Philadelphia	10	13	.435
Cincinnati	10	14	.417
Arizona	9	14	.391
Atlanta	8	14	.364
Pittsburgh	8	14	.364
Washington	7	13	.350
New York	6	14	.300

Yesterday's results
Tampa Bay 10, Minnesota 4
N.Y. Mets 6, St. Louis 3
Washington 7, Houston 4
Boston 6, Philadelphia 0
Detroit 3, Miami 3, tie, 10 innings
Milwaukee 6, Cleveland 5
Colorado 6, L.A. Angels 2
San Francisco 4, Kansas City 2
Chicago Cubs (ss) 2, San Diego 0
L.A. Dodgers 4, Chicago White Sox 3
Arizona 3, Chicago Cubs (ss) 2
Baltimore 4, Pittsburgh 1
Cincinnati vs. Texas
Today's games
Detroit vs. Houston, 1:05 p.m.
Pittsburgh vs. Philadelphia, 1:05 p.m.
Washington vs. Miami, 1:05 p.m.
Minnesota vs. Baltimore, 1:05 p.m.
Atlanta vs. N.Y. Mets, 1:10 p.m.
Tampa Bay vs. Boston, 1:35 p.m.
Kansas City vs. Milwaukee, 4:05 p.m.
L.A. Dodgers vs. San Diego (ss) at Peoria, Ariz., 4:05 p.m.
Cleveland vs. Chicago White Sox, 4:05 p.m.
Chicago Cubs vs. Cincinnati, 4:05 p.m.
San Diego (ss) vs. Texas, 4:05 p.m.
L.A. Angels vs. San Francisco, 4:05 p.m.
Colorado vs. Arizona, 4:10 p.m.
Toronto vs. N.Y. Yankees, 7:05 p.m.

LACROSSE

NLL

Sunday's results
Colorado 16 Philadelphia 15 (OT)
Washington 20 Minnesota 13
Friday, March 30
Calgary at Minnesota, 8:30 p.m.
Saturday, March 31
Colorado at Rochester, 1:05 p.m.
Toronto at Buffalo, 7:30 p.m.
Minnesota at Edmonton, 9 p.m.
Washington at Calgary, 9 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

DETROIT TIGERS — Optioned RHP Jacob Turner to Toledo (IL). Reassigned RHP Chris Bootcheck, INF Audy Ciriaco, INF Argenis Diaz, INF Ryan Strieby and OF Quintin Berry to minor league camp.
MINNESOTA TWINS — Reassigned RHP Brendan Wise to minor league camp.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with RHP Shawn Camp on a minor league contract.
MILWAUKEE BREWERS — Returned C Mike Rivera to minor league camp.
SAN DIEGO PADRES — Placed INF Logan Forsythe on the 15-day DL. Reassigned RHP Brad Boxberger to minor league camp.

FOOTBALL

CFL

WINNIPEG BLUE BOMBERS — Re-elected Jeff Thompson to the board of directors.

HOCKEY

NHL

CHICAGO BLACKHAWKS — Recalled G Carter Hutton from Rockford (AHL).
NEW YORK RANGERS — Agreed to terms with F Andrew Yogan.

SOCCER

MLS

SPORTING KANSAS CITY — Waived F Birahim Diop.

SOCCER

MLS

Sunday's results
New York 4, Colorado 1
Kansas City 2 Dallas 1
Friday, March 30
FC Dallas at D.C. United, 7:30 p.m.
Saturday, March 31
Columbus at Toronto FC, 2 p.m.
Montreal at New York, 4 p.m.
Vancouver at Philadelphia, 7 p.m.
San Jose at Seattle FC, 10 p.m.
Real Salt Lake at Portland, 10 p.m.
New England at Los Angeles, 11 p.m.
Sunday, April 1
Chicago at Colorado, 7 p.m.
Sporting Kansas City at Chivas USA, 9 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result
Manchester United 1 Fulham 0

SPAIN

PRIMERA DIVISIÓN

Yesterday's result
Granada 0, Sevilla 3

PORTUGAL

LIGA

Yesterday's results
Maritimo 3 Gil Vicente 2
Braga 2 Academica 1

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No off-season for NFL excitement

March Madness is all about the NFL this year,
from Peyton Manning in Denver to Tim Tebow in New York,
to Sean Payton getting suspended for New Orleans' bounty system and Saints players awaiting possible punishment for participating in it.
Then there are the other big free-agent signings. What chaos could be ahead? Plenty.

THE ASSOCIATED PRESS

1 Tim Tebow vs. Mark Sanchez

Just wait until the incumbent stumbles, even momentarily, and the Big Apple is rocked by screams from Tebow's loyal legions.

2 The Drew Brees contract

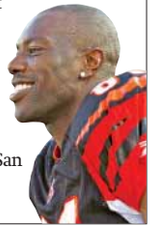
New Orleans star quarterback Drew Brees has yet to reach agreement on a new contract and, given the Saints' situation, imagine how ugly things might get if he ignores the franchise tag the team plunked on him and stays away from off-season workouts.

3 The first pick in the 2012 draft

With a rookie wage scale limiting financial investments, more blockbuster draft trades could happen. The Redskins mortgaged much of their future to move up four spots to get Richard Griffin III. Yet, after his sensational pro day at Baylor, Griffin has become a challenger to Andrew Luck as the top-overall pick, owned by Indianapolis.

4 Open receivers

Still out there ready to grab attention, if not many passes, is Terrell Owens. So might be Chad Ochocinco if the Patriots, as expected, release him. And Randy Moss, who didn't even play in the NFL in 2011 and was no factor the previous year, landed in San Francisco.



5 Payton serving time for bounties

The NFL commissioner might allow Sean Payton to coach the Saints while he appeals his season-long suspension for the team's bounties program. On Monday, Bill Parcells said he has spoken to Payton about how to handle the season. Asked if anyone in the Saints organization had talked to him about coaching the team in 2012, he said, "No."

6 Nike embracing Ducks design

New jersey designs by Nike resemble the Oregon Ducks' varied uniforms, causing a surge to — or away from — the merchandise shelves.

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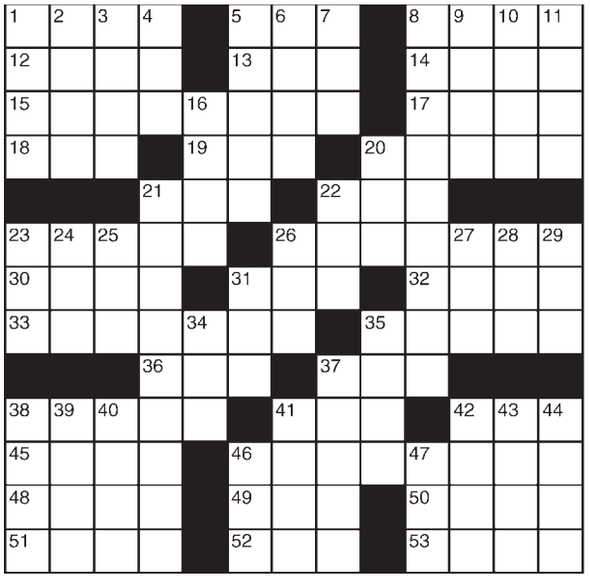
Crossword



Across

1 Sweater eater
5 Sinful
8 Robbers' foes
12 Emanation
13 Leading lady
14 Picnic hamperer
15 Medieval launcher
17 "Beetle Bailey" dog
18 Superlative suffix
19 De-pressed
20 "Nonsense!"
21 Upper limit
22 Egos' counterparts
23 Abrasive powder
26 Belgian —
30 Long car
31 Moving vehicle
32 Greek vowel
33 Befuddle
35 Church musicmaker
36 Chicago team, for short
37 Mimic
38 Off-spring
41 Winter ailment
42 Frequently, in verse
45 Corporate symbol
46 Goalpost piece
48 PC maker
49 Clumsy sort
50 Long sandwich
51 Lincoln in-law
52 Mel of Cooperstown
53 Watched

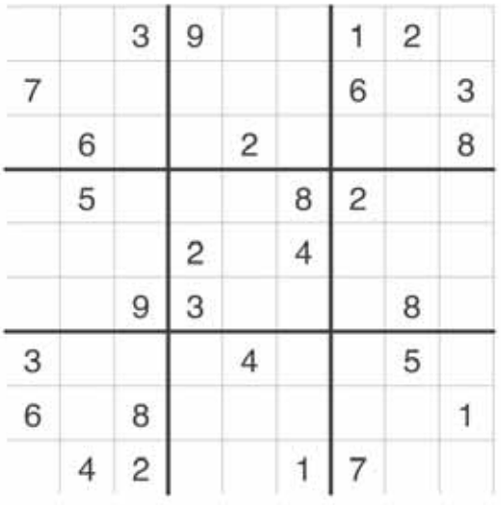
Down

1 Spiked club
2 Not just mine
3 Race-horse's gait
4 Owns
5 Jazz style
6 Acknowledge
7 Morning moisture
8 Rapid exchange of words
9 Inauguration recitation
10 Pocket bread
11 Frosty's makeup
16 Do in
20 Sharable file
21 Arthur Wynne creation
22 Author Fleming
23 Sprite
24 Wire measure
25 Ostrich's cousin
26 1940s headline word
27 Journal
28 Schedule abbr.
29 — Diego
31 Irritate
34 Heavy weight
35 Piece of work
37 Soaring
38 Bed-frame piece
39 Somewhat, to the maestro
40 Worn
41 "Animal House" house
42 Do as you're told
43 Passenger's payment
44 Walked (on)
46 Bill and —
47 That woman

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

Sudoku



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

Send a kiss

- **To Music.** if not for music, and its healing purposes as well as other methods. Music is by far the best route. To experiencing new magic at new beginnings, to knowing what it feels like in leaving. To each and every day — music is by far the best medicine for the soul besides praying to a higher power! good night everyone and hug someone it feels good, or smile — that feels good too. if all alone, you're not completely all alone! Wow, that was the longest, darkest tunnel ever crawled thru! There is the light! No, am not paying attention to past posts! am doing own thing.....Rock n Roll. From Music Lover
- **Wish/Wash.** You can hold your convictions but you know that when you see me next, you're going to shatter. From True/Steady
- **You Missed.** You'll get all you want if you go after it again. From Will
- **Josh's friend.** You sound cute! Tell Josh that if I wasn't hopelessly in love with him, I might date you! Tell 'em my phone number is listed under "interests" on LinkedIn. From Julie

Horoscope

Aries | March 21 - April 20. Think about your next move, but don't make it yet.

Taurus | April 21 - May 21. Stay calm and refuse to panic. It may appear as if your world is being turned upside down but you should know by now that appearances are often deceptive.

Gemini | May 22 - June 20. Someone who does not share your open and optimistic way of looking at the world will challenge your viewpoint today, but you don't have to prove anything to anyone.

Cancer | June 21 - July 22. Start laying the groundwork for your future success.

Leo | July 23 - Aug. 22. So many changes are happening in your world that you can, if you wish, make a few major changes of your own.

Virgo | Aug. 23 - Sept. 22. Make a conscious effort to check the small print of everything you are working on today, especially if there is money involved.

Libra | Sept. 23 - Oct. 22. Do you know what you want? And do you believe you are capable of getting it? If the answer to both those questions is "yes" then you will begin to experience real success.

Scorpio | Oct. 23 - Nov. 21. It's time to start tackling all those things you have been avoiding.

Sagittarius | Nov. 22 - Dec. 21. If you need to say something of a delicate nature to a friend or family member, now is the time to speak up.

Capricorn | Dec. 22 - Jan 20. You may feel rather left out of things at the moment but in a way that's a good thing because it gives you time to think.

Aquarius | Jan. 21 - Feb 18. Treat yourself to some quiet "me time" away from the rat race. You've earned it.

Pisces | Feb. 19 - March 20. What other people see as a crisis doesn't bother you in the slightest. Why? Because you can see that, in the greater scheme of things, it is of no real importance. SALLY BROMPTON

Caption Contest

"I've heard winning by a noise ... but never a toe!!"
Nancy
VINCENT THIAN/THE ASSOCIATED PRESS

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